THE UK'S BIGGEST REGIONAL GAY LIFESTYLE MAGAZINE

ZONE

MIDLANDS EDITION

JULY 2016
ISSUE 231

ORLANDO VIGILS
THE MIDLANDS LGBT COMMUNITY MOURNS GAY CLUB SHOOTING VICTIMS

LET'S GET PHYSICAL
TIPS ON HOW TO LIVE A FITTER, HEALTHIER LIFE

DJ PAUL MORRELL
WE TALK TO THE LOCAL MINISTRY OF SOUND DJ

OUT
THE ESSENTIAL NIGHTLIFE + CLUBBING GUIDE

+

FASHION
GADGETS
HOME
GROOMING
COMPETITIONS
WHAT'S ON

SUMMER OF PRIDE
12 PAGES OF MIDLANDS PRIDE COVERAGE

TACKLING HOMOPHOBIA

WHAT'S BEING DONE TO RID FOOTBALL OF ANTI-GAY FEELING?

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TACKLING HOMOPHOBIA IN FOOTBALL

With homophobia still very much a part of 'the beautiful game', we take a look at the organisations trying to kick it out of football...

Birmingham City fans showing their support for Football v Homophobia campaign

Football, often referred to as 'the beautiful game', is adored by millions across the country and the world. Sadly, here in 2016, homophobia still exists within the sport.

A study released last year entitled Out On The Fields reported that 80% of the people it polled said they'd witnessed or experienced homophobia in sport. On top of that, 73% of the gay men polled reported that homophobia was more common in team sports, such as football, than in the rest of society. LGBT charity Stonewall's own research has revealed that seven out of 10 football fans have heard homophobic abuse on the terraces.

Homophobia isn't just confined to a few professional players; it can be found across the whole football spectrum, from lower-league matches through to the top-flight Premier League.

Many reported cases have been of supporters venting their frustration at a game not going their way, or at a player not putting in a good shift on the pitch, calling him a 'faggot'. Players have also been known to use the term themselves during a game, to rile or insult an opponent.

It's not just in the stands and on the pitch where you'll experience homophobia, though - with the rise of social media there have also been plenty of cases of players tweeting homophobic abuse. The most recent example is Coventry City player Chris Stokes, who tweeted that two teams were 'a bunch of faggots' back in May.

As a result, following an investigation by the football club and the Football Association, Stokes received a suspension and a fine for breaching rules.

So with homophobia still much in evidence, what more can be done?

TRYING TO KICK IT OUT

One initiative opposing homophobia in football at all levels is Football v Homophobia, launched in 2010 by the Justin Campaign.

A volunteer-run initiative, the Justin Campaign was founded in 2008 to demonstrate that, 10 years after professional footballer Justin Fashanu's tragic suicide, homophobia was still hugely prevalent in both grassroots and professional football.

Football v Homophobia's aim is to 'take a clear stand against homophobia, so that everyone can enjoy the beautiful game, and so that football leads the way in removing discrimination and prejudice based on sexual orientation and gender identity'.

Whilst the work of the campaign takes place all year round, each and every February is designated the Football v Homophobia month of action. This international campaign not only tackles homophobia but also seeks to end prejudice against LGBT people in football.

Each February, Football v Homophobia teams up with local grassroots and professional clubs, with each club dedicating one match in the month to the campaign. The clubs then engage in open communication with supporters and players about the importance of eradicating homophobia in the sport.

Whether it's by handing out leaflets and flyers, tannoy announcements, website articles or social media interaction, the aim is to encourage supporters to stand up to prejudice and discrimination against LGBT people within the game, and to help make football a welcoming place for everyone.

Kick It Out have released a great app that allows people to report homophobic behaviour at the tap of a button. Alternatively they can, of course, speak to club officials, stewards or the police.

A number of clubs in the Midlands, both at grassroots and professional level, took part in this year's month of action, including Aston Villa, Birmingham City, Coventry City, Stoke City and Walsall.

The Rainbow Laces campaign

> "Seven out of 10 football fans have heard homophobic abuse on the terraces."

Birmingham's own gay-friendly football club, Birmingham Blaze, are obviously big supporters of Football v Homophobia. This year, they held a friendly match against fellow Brummie team Castlecroft Rangers to help raise awareness at a grassroots level.

LACING UP

It's not just Football v Homophobia that's trying to rid the sport of the problem, though. Stonewall have, for a couple of years now, been pushing their Rainbow Laces campaign.

The idea is simple - swap the normal laces in your football boots with rainbow-coloured ones and share pictures via social media (using the hashtag #RainbowLaces) of yourself and your teammates making a stand against homophobia. The laces are available to buy from Stonewall's website, so anyone can join in.

In a huge statement back in February from professional football clubs Manchester United and Arsenal, the captains of the two teams swapped giant rainbow laces just before the start of their game. The symbolic gesture sent a message to fans and clubs across the world that homophobia, biphobia and transphobia in football, and in sport as a whole, are unacceptable.

Do your bit in combating homophobia in football by petitioning your local sports team to get involved with either of these campaigns. Nobody should fear abuse and discrimination - it stops LGBT people from taking part in or even watching football. The beautiful game (and sport in general) is for everyone.

For more information, visit footballvhomophobia.com and stonewall.org.uk

Justin Fashanu (above) was the first openly gay professional footballer and committed suicide in 1998.

LET'S GET PHYSICAL!

by Penny Barber, Sports Activator, Birmingham LGBT

Picture by Nick Hynan

Fancy the idea of getting sporty this summer but not sure how to start? There's a wonderful range of welcoming LGBT sports clubs and groups in the West Midlands who'll be delighted if you join them, whatever your level. Do get in touch with them directly and watch out for events such as Starting Out (Swifts) and Touch My Brum (Bulls).

Recent research reports 76% of LGBT people who were members of sports clubs met the national recommendations for physical activity, compared to 38% of LGBTs who were not members of sports clubs. Informed and enthusiastic company really can make a difference.

The same research showed that the community was less likely than the general population to be completely inactive, but also less likely to meet the recommended guidelines for physical activity.

So we're good at doing 'something' - just not quite enough.

Feel free to contact Birmingham LGBT on activate@blgbt.org or 0121 643 0821 to talk through your ideas on getting physical. Between us, we have connections with all of the clubs and groups, and have attended all of the classes that meet at the Centre. If there's something you want to do that isn't currently catered for, we may be able to recommend an inclusive mainstream club, or support you to set up something new.

You probably use SMART objectives at work, so why not use them for your physical activity plan too? Don't plan to do an hour of intense exercise every day, then beat yourself up because you don't manage it and give up. Allow yourself to take the time to discover what can become part of your daily, weekly and monthly routines. Try different activities at different times. You can't know what will suit you until you give it a go.

There really is a virtuous circle to physical activity. The effort you put in will be rewarded with improvements in your health and confidence.

Don't be shy about making inquiries regarding clothing and equipment or facilities - people like the opportunity to share their knowledge about something they enjoy. Everyone had a first time.

We have a vintage and pre-loved kit box - you don't have to go shopping to get new exercise clothes. We'll be delighted to receive your donations of unwanted gifts, or items that become the wrong size through exercise.

Get your technique sound at every step and stage. For example, you often see very heavy weights being lifted with poor technique. You can do more or faster reps to do more work. People will be much more impressed with beautifully executed, controlled moves than untidy swaying about. As well as looking good, you'll reduce your risk of injury.

Beware of getting over-confident or competitive. People sometimes get to a reasonable level, get a rush of energy and enthusiasm and massively increase duration or intensity. Then they get injured and give up. Build up steadily - even elite runners don't increase their weekly mileage by more than 10% per week.

Recording what you do is a way of celebrating your efforts. There are plenty of electronics and apps that will do this. Some people enjoy a good old-fashioned spreadsheet or writing in a diary - you can see how far you've progressed, look at your pattern and plan future exercise.

Swerve the scales - don't weigh yourself more than once a month. As you start to exercise or change or increase your current activity, you may build muscle before you drop fat. You can lose inches yet see a short-term increase in weight.

Get to know your changing body. It's easy to say 'listen to your body' but sometimes hard to know what it's saying. Is it just a bit tired or have you broken something? There's no easy answer to this; talk to others, monitor your symptoms and if in any doubt, see your GP or a sports physio. Do your own research, think about it and decide what works for your workouts and your work-life balance.

I don't know if I should say this but it's the truth - you can handle it! Exercise never actually gets any easier. Don't zone out - it's not a bad thing. This is because you keep on challenging yourself. Even Tom Daley and Casey Stoney MBE get worn out and breathless in training. You should always feel a bit out of breath, tired, have the odd ache from hard work and maybe even feel a bit queasy during a tough session. You may also feel surprisingly energised shortly afterwards.

What does change is your belief that you can complete your workout, class, race or match. You also increase the level that you can work at. When you start, the only pace is tough. Very soon, your endurance level will increase, meaning that you'll find yourself doing something you once thought was impossible - and calling it a warm-up or recovery day!

Good luck - you can do it!

activate

Join in the wide range of LGBT sports activities

Your local LGBT sports clubs, groups and fitness classes continue throughout the Summer. New activities include social hula hoop – indoors and out, Sunday tennis and casual ballroom. Don't forget The Vault is available from 7:30am for your own work out.

Relax at The Rezza 23rd July 2016

Back by popular demand for a Summer Saturday splashing time is walking on water - aka paddle boarding! Kayaking, cycling, walking, running and ice cream also on offer at Edgbaston Reservoir, B16 9EE.

Click on Services, then Fitness at www.birminghamlgbt.org.uk

Photography: Nick Hynan

BIRMINGHAM SWIFTS

BULLS

MIDLANDS OUT BADMINTON

Shoals

BBFC

Birmingham LGBT

SPORT ENGLAND

RUTHIE HENSHALL
THAT'S ENTERTAINMENT!

The musical theatre star talks to Midlands Zone...

Over the course of a stage career spanning 30 years, Olivier Award-winning actor and singer Ruthie Henshall has performed and created countless roles, received five nominations for Best Actress in a Musical, and been heralded as perhaps one of musical theatre's last great stars.

This month, she'll be putting in a special guest appearance in Spirit Productions' jukebox spectacular, That's Entertainment, when it arrives at Birmingham's New Alexandra Theatre. But what's it like being part of the show, and where do you go from the top of your game? Ruthie Henshall reveals all...

"It's a kind of all-singing, all-dancing celebration of films and musicals from the '30s, '40s and '50s," she says of That's Entertainment. "There's no story as such, it's just millions of sequins, loads of fabulous dancers doing amazing choreography, and one great song after another."

Previous guest stars on the tour, which began in May, have included doo-wop five-piece The Overtones, G4 tenor Jonathan Ansell and The Cruise star Jane McDonald, each of whom have taken it in turns to spice up the show with their own individual twists, ensuring it remains fresh and exciting throughout the tour.

"I've had long conversations with Jane McDonald and she's been having an absolute ball," says Henshall. "One of the perks of having guest stars is that they bring their own unique style and flair to the production. We don't have a script or a director to give us boundaries, so it's basically just a case of interpreting the songs however we want to."

Within this musical-meets-concert-meets-variety-show format, then, Henshall and her fellow guest performers have a lot of freedom over what exactly they end up doing out on stage, provided that it's broadly in keeping with the 'Golden Age' musical theme.

"I've ended up with quite a cross-section, actually. There are songs from things like A Star Is Born and also from Gypsy The Musical as well as stuff by Gershwin. I was allowed to liaise about the kind of things I wanted to do, and it's completely my era. I love Gershwin and all the MGM musicals."

It's also offered her an opportunity to expand her own repertoire by tackling some classic songs that she's never publicly performed before.

"I'm doing a few new songs, actually, but one that I'm really looking forward to doing is Some People from Gypsy. It's a real corker of a number and it's one I've been meaning to sing for a long time, but I always end up copping out of it. I knew I had to do it at some point, so when this came along I jumped at the chance."

And it's not just the material she has sway over: Henshall also gets a say in what she's going to look like on stage. Of course, as with the music, it'll have to fit the style - in this case, the lavish, dazzling aesthetic of a fabulous, feelgood party.

"I've already spoken to the wardrobe lady, who said that I can come and thumb through all the fabulousness at the warehouse. I know there's a lot of feathers and Swarovski there, and so I imagine that whatever gets chosen, there's going to be some serious sparkles! Also, because I'm not doing any choreography, I can wear whatever I like - I don't have to worry about how much I can move in it. It's everyone else doing the dancing this time."

Joining a production as a guest for just a handful of dates is a significantly different experience for a performer to being part of the creation of a show and sticking with it for several weeks or months.

Having yet to see the show, Henshall will have a lot to pick up quickly once she starts rehearsals.

"I'm going in pretty much completely blind. I don't know the cast yet - I haven't met them and I won't meet them until I start rehearsing with them. But in some respects I'm used to that. It's similar to joining any show that's already up and running, so it's not so bad. I think there's also something quite nice about the fact that I don't know the show very well, because it means I'll be doing a lot of watching in the wings and being entertained myself."

Recently, Henshall has been enjoying and supporting the work of her fellow creatives in a very different capacity. In late 2012, to-

gether with Polly Ingham and Paul Schofield, she set up her own company, Three Pin Productions, which is already supporting and developing industry newcomers.

"My reasoning behind setting up the company was two-fold: first, it's a way of enabling myself to do the kinds of work that I want to do, and second, I want to use it to discover new talent. We've actually got something in production at the moment with a set designer who is straight out of college because he's just brilliant. I really want to help give people a step up into the business."

This isn't the only way that Henshall has been using her influence to benefit the future stars of musical theatre. Co-authored by major West End director and music supervisor Daniel Bowling, her book, So You Want To Be In Musicals? was published by Nick Hern, and is packed full of handy hints, insider knowledge and nuggets of wisdom accrued over years of experience.

"I was actually initially asked about writing an autobiography, to which I replied, 'Are you nuts? Who'd read that?' But then I thought about all the questions I get asked - I get loads of people sending me emails and approaching me at stage doors to ask what to do in various situations - and I suddenly realised that there was a gap in the market for a book on musical theatre. There were a lot of books already on acting and choosing monologues and things like that, but nothing specific about getting into musical theatre, so that's what started the conversation. Inspiring and lifting up other people is something I'm really passionate about. it's all about passing it on."

There is another, more practical side to this branching out and career diversification than is perhaps immediately apparent, however.

"I'm a single mum with two daughters, so I have to be a provider. At some stage, the face is gonna fall and possibly then the West End roles won't be as thick and fast, so I'd rather be doing my own thing and have something else to help pay the mortgage. So it's just been a case of thinking of another side of the business that fascinates and excites me, and being able to produce things as opposed to just being in them does that for me."

Nevertheless, for at least as long as the fickle industry allows, Henshall remains one of the most popular, successful and highly acclaimed performers in her field, with a glittering career behind her that's already something to be proud of in itself.

"I rarely reflect on all that, I have to be honest, but I do remember receiving an honorary degree from a university while I was pregnant with my first child, and when they were reading out a list of things I'd done, I did have one of those moments where I thought, 'Wow! If I gave it up tomorrow, it's been all right'. But the bottom line is that I love what I do and I'm still a working actress. The nature of acting means that you might work for a year and then have nothing for six months. It's always feast or famine, and something about that always makes you feel that you're only as successful as your last job."

That's Entertainment shows at the New Alexandra Theatre, Birmingham, from Tuesday 19 until Saturday 23 July.

Vigils held across the Midlands to pay tribute to Orlando shooting victims

Thousands of people from across the Midlands came together last month to pay tribute to the people killed in a shooting at a gay club in Orlando, Florida.

The attack, which took place at about 2am local time (6am GMT) at Pulse Nightclub on Sunday 12 June, saw 49 people killed and 53 injured by gunman Omar Mateen. It was the deadliest mass shooting in recent US history.

Vigils for the victims were held across the Midlands, in Birmingham, Walsall, Wolverhampton, Coventry, Leicester, Shrewsbury, Nottingham and Derby. Most of them featured keynote speeches and a minute's silence. Others released a balloon to remember each victim who lost their life.

Over in Wolverhampton, popular gay bar & club Gorgeous unveiled a touching tribute in one of its windows. The tribute featured two rainbow hands creating the shape of a heart, with the words #LoveForOrlando.

On Saturday 18 June, Birmingham's gay village joined together to host The Big Gay Party across the city's gay scene, raising money for the victims of the shooting and holding a one-minute silence at 1am, with bars and clubs falling silent as a mark of respect.

Birmingham Gay Village

Library of Birmingham lights up in rainbow colours

Birmingham LGBT

Shrewsbury

Gorgeous Wolverhampton's tribute

Birmingham LGBT arts festival returns for eighth edition

Birmingham LGBT has announced that it's been awarded funding by Arts Council England and Birmingham City Council to support the programming and delivery of its annual SHOUT Festival.

Established in 2009, the event presents, showcases and exhibits the best in queer art forms and culture throughout the city.

SHOUT 2016 launches on Thursday 10 November and runs for 10 days, presenting the best in live performance, theatre, comedy, music and films at venues throughout Birmingham.

Ian Hyde, SHOUT's producer, said: "We're delighted that we can bring back SHOUT for its eighth edition. Since it started, the festival's reputation has been growing, and SHOUT is now a firmly established part of the regional festival calendar. This year we can promise the welcome return of festival favourites alongside exciting new work not previously seen in the city."

The festival is also launching a new website and will be announcing the first artists shortly.

Neil Anderson, Festival Chair, added: "Since its inception, SHOUT has gone from strength to strength. The festival remains central to our objective of ensuring that Birmingham and the West Midlands is a place known for innovative queer work."

Further information about queer art in Birmingham and SHOUT Festival can be found at shoutfestival.co.uk.

GET ALL THE LATEST LOCAL NEWS AS IT HAPPENS AT MIDLANDSZONE.CO.UK
Follow us on Facebook at www.facebook.com/midlandszone and on Twitter at www.twitter.com/midlandszone

Pride In Sport Challenge Day sees 50% increase on 2015

Organisers of the annual Pride In Sport Challenge Day have hailed the event a huge success, with 150 people taking part - a 50% increase on last year.

A feedback survey following the event shows three-quarters of attendees said they met new people or made new friends at the event. The vast majority said they plan to attend next year. Only one person thought the activities were too easy - and no-one thought they were too hard.

M ds Out Badminton, Birmingham Bulls, Birmingham Swifts, Moseley Shoals and Table Tennis Club provided badminton, rugby, running, swimming, water polo and table tennis. These local LGBT sports clubs were joined by Boumville Hockey Club, England Netball, B-Row and the Birmingham FA. Pride In Sport this year added yoga to the programme and as last year, finished the day with ballroom dancing.

Participants could either approach the day as a taster experience, to see which activities they most enjoyed, or take a more competitive approach, trying to amass as many points as possible to win the prize of a personalised Activate Champions technical t-shirt.

Points were awarded for performance, persistence and presence. Some points were easy to obtain regardless of skill, others were more difficult to earn. Not all events were offered all day, giving the clubs running the activities a chance to compete.

First-placed individual was John Breslin with 174 points, followed closely by last year's runner-up Krystian Krawczyk with 169 points. John Real'n was third with 155 points, just ahead of Ziggy Shah with 152.

The winning team with 312 points was a highly delighted Acting Out. They were just one point ahead of Moseley Shoals. The Bulls were third with 221 and last year's champions, L Fest Crew, were fourth with 206 points.

The provisional date for next year is Saturday 8 April, the event being held at the University of Birmingham's new sports centre.

Pride In Sport Challenge Day is currently funded by the Activate programme via a Sport England Community Activation Fund grant, administered by Birmingham LGBT.

Gay panto favourite to return to Birmingham this Christmas

One of the Midlands' favourite panto stars is making a welcome return to the region this Christmas.

Openly gay former Dr Who actor John Barrowman will take the title role in Birmingham Hippodrome's lavish production of Dick Whittington. John will be joined in the show by comedy duo The Krankies, popular funnyman Matt Slack and EastEnders badboy Steve McFadden, who plays Phil Mitchell in the long-running BBC One soap.

Commenting on this year's panto, the Hippodrome's artistic director and chief executive, Fiona Allen, said: "It's never too early to be planning Christmas fun. Sales are already set to break records, and this year's pantomime promises plenty of laughs, outrageous costumes and special effects to amaze all the family."

Dick Whittington runs at Birmingham Hippodrome from Monday 19 December until Sunday 29 January. Tickets can be booked on 0844 338 5000 or from birminghamhippodrome.com

Tickets now available for annual Family Pride festival

Tickets for the annual Family Pride festival organised by Gay Family Web are now available to buy.

This summer's festival will see families with LGBT parents from across the UK coming together for a full weekend of camping and fun in a beautiful countryside location in Leek, Staffordshire.

A full programme of activities has already been announced by the organisers, with an Animal Corner, pizza making, science experiments, pottery classes, circus skills, a treasure hunt, a sports day, storytelling, fancy dress and a Family Pride's Got Talent event all set to feature. There's also a whole host of live music for everyone to enjoy.

Family Pride takes place from Friday 5 to Monday 8 August at Bamswood Scout Camp, near Leek in Staffordshire.
For more information, or to buy tickets, visit familypride.uk.co.uk

Support handbook launched for young LGBTs in Stoke-on-Trent

A support handbook created by young LGBT people for other young LGBT people has been launched in Stoke-on-Trent.

The handbook, titled Good As You, provides information on relationships, online safety, sexual health, mental health and 'helpful people'.

Galaxy Youth, a support and social group run by Staffordshire & Stoke-on-Trent Partnership NHS Trust (SSOTP), worked alongside Stoke-on-Trent City Council and local arts organisation The Cultural Sisters to produce the handbook for young LGBTs and those questioning their sexuality or gender.

A former Galaxy Youth group member who helped develop the book said: "I wanted to get involved with the creation of the book because of the way it was set out - it's a really fun layout and people can put their own ideas and thoughts in there. When we were making the book, the sessions were very open, so anyone could share their thoughts and everyone's ideas were included."

Melisa Henderson, a Galaxy sessional worker, added: "It's a safety net, this is really important to people when they're growing up. This would have been amazing for me growing up, I never spoke to my mum about sexual health, it's not a thing we would talk about, so it's great that the topic is included."

Galaxy Youth, the support group for people aged 18 and under, runs every Saturday from 12pm till 4pm at The Piccadilly Project in Hanley.

The Good As You handbook is available from Galaxy Youth and local libraries. Interest in and responses to the handbook can be sent to lgbt@ssotp.nhs.uk, Lifestyles Better Together Facebook and @LifestylesToget on Twitter.

For more information on local LGBT services, visit www.lgbtstoke.co.uk

Trade Sexual Health on lookout for Pride volunteers

Leicester-based sexual health charity Trade is looking for volunteers to help out at Leicester Pride on Saturday 3 September.

Trade Sexual Health has a whole host of ways for people to get involved, regardless of their experience or the time they've got available. Trade will provide all relevant training. The organisation is also looking for volunteers to help out in the lead up to Pride as well as on the day itself.

A 2015 volunteer named Ken, who helped out at Trade's Pride Health & Wellbeing Marquee in Victoria Park, said: "Over the last year or so, I've done some volunteering work with Trade, helping out in the preparations for Pride and then, on the day, helping to run the safe-sex stand, demonstrating the proper use of condoms. I do it because Trade is such a great resource and supports so many people around Leicester.

"A bonus to helping has been the chance to meet and get to know the team and some of the other volunteers, who are a friendly and supportive group.

"My single enduring memory of volunteering with Trade is working on the safe-sex stand at Pride. I very soon learned to forget any shyness and embarrassment as I discussed the best ways to use a condom. It was a really fun day and was hopefully of help to the many people who visited the stand."

If you would like to volunteer, send Trade an email at info@tradesexualhealth.com

Birmingham's first ever trans sexual health clinic to open this month

Birmingham LGBT has announced that the city's first ever sexual health clinic exclusively for trans people will open this month.

In partnership with Umbrella, Birmingham LGBT provides sexual health services specifically for and delivered by LGBT people. The launch of the trans clinic is the latest in a range of new services now being provided by the award-winning organisation.

The new trans sexual health clinic will be consultant and nurse-led and offer a range of clinical services. It will open its doors for the first time on Friday 29 July at 4pm, and thereafter will run on the fourth Friday of every month from 4pm to 7pm.

Alexus Savage, Transsexual Health Outreach Worker, will be key in facilitating the new clinic by working closely with NHS clinicians and other wellbeing service providers to ensure that the service reflects and meets the sexual health and wellbeing needs of the trans community.

Alexus says: "There are often barriers put in our way when accessing health services, from routine mis-gendering to medical staff who have little or no experience in dealing with Trans health issues. This can create an uncomfortable environment and a reluctance on our part to repeat that experience, which, when dealing with health issues, can lead to a whole set of problems.

"So I'm really excited to see a service tailored specifically to the needs of the Trans community coming to Birmingham. I really think this is an important development and I look forward to being involved as it continues to evolve and grow."

Visit birminghamlgbt.org.uk for more information.

Question

Could you spare time to develop events and activities to support over 50s in the LGBT Community?

☐ YES ☐ NO ☐ MAYBE

YES/MAYBE? then get in touch with Birmingham LGBT to find out how you can engage with Ageing Better and make a difference

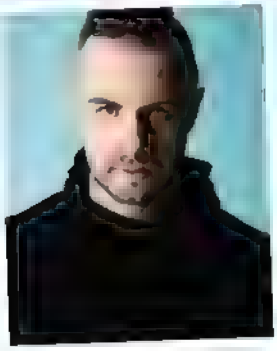
AGEING BETTER IN BIRMINGHAM

Birmingham LGBT

Ageing Better is simply about empowering groups of people to come together and organise events and activities to reduce social isolation in the over 50s. Birmingham LGBT is the LGBT Hub for the Ageing Better project

email mariahughes@blgbt.org or call 0121 643 0821

www.birminghamlgbt.org.uk



Paul Morrell

DJ
Coventry

Born: Coventry
Star sign: Aries
Age: 33

"XXL is a fantastic event, one which I've attended as a clubber for a number of years, when I've not been DJing"

About Paul

Where did you grow up?
Allesley village in Coventry.

Single or attached?
Single

What makes you happy?
Spending money.

What makes you sad?
Having to get up early

What makes you angry?
Politics.

If you could change one thing about yourself, what would it be?
I'd not let people wind me up so easily.

What's been the most embarrassing thing you've done in your life?
Having to sing to Mutya Buena is up there.

Now that same-sex marriage has been legalised, would you consider getting married?
Yes, I would like to get married. I just need to find someone who can put up with me, and who I can put up with.

Coming Out

When did you first know you were gay?
I think part of me has always known. However, I probably came to terms with my sexuality when I was maybe 17.

When did you come out?
When I was 19.

What was school like for you as a gay teenager?
To be honest, it didn't really bother me at all. I was friends both with some of the cool kids and some of the geeky kids, so didn't particularly fit into one social group at school anyway. I was always interested in my music more than sex as a teenager. I suppose I was quite a late starter.

Who was the first person you told you were gay, and what was their reaction?
My mum. She was fine and supportive, although a bit shocked.

What would you say to a youngster trying to come to terms with their own sexuality?
In my opinion, it's far easier for gay teenagers now than when I came out in the early 2000s, due to the massive influx of gay culture into mainstream media. Gay teens have acceptable role models to look up to, such as Ollie from Years & Years and Tom Daley. I would just advise them that it won't be as bad as their preconceptions, to only tell people when they're ready to tell them, and to choose people that they trust completely.

Have you ever had any experiences with the opposite sex?
Yes, in my late teenage years. I briefly dated a girl but I knew it wasn't right for me. I probably did it because of social conformity more than anything else.

Your Career

You've recently become a regular at XXL, both in London and Birmingham. What's the event like?
XXL is a fantastic event, one which I've attended as a clubber for a number of years, when I've not been DJing. The resident DJs, Christian M and Alex Logan, have supported a lot of my music, and I therefore approached the promoters to see if they'd book me. It's a fantastic brand to be associated with.

Birmingham Pride has been one of your annual gigs for a number of years. What are your memories of the event?
Pride is always one of the highlights of my year. I've played at a number of Pride events across the country, and Birmingham is one of the most successful and well organised. I've met some amazing people at Birmingham Pride, and it's always a safe friendly environment.

How was your set at Birmingham Pride?
I was on the main stage and followed DJ Fresh. I was kind of dreading playing after him, as he's a D&B producer and I play EDM. However, I was surprised to find that he's actually very similar to me as a DJ - and he's an extremely nice guy too.

What have you been up to in the studio?
I've recently produced the remix of the new All Saints single, This Is A War, which has been very well received. I've also been working on original music and remixes with a variety of artists. I also recently released a track entitled Sweet Melody with Vicky Jackson, on Paul Oakenfold's Perfecto label, which has done very well.

Where are you going to be DJing this summer?
Well, as mentioned, I'm now a regular guest at XXL in both Birmingham and London. I've also just signed a residency at The Gallery at Ministry Of Sound in London. I'll be appearing there monthly Fridays as from September. I'm playing alongside Hardwell, Axwell & Knife Party at the Weekend Festival in Helsinki, Finland and appearing regularly at fantastic local venues including The Buttermarket in Shrewsbury.

Who are your favourite producers and DJs?
I really admire Calvin Harris and David Guetta. I know they're sometimes seen as 'commercial',

but I don't see commercial as a bad thing. I think any DJ would love to have the success that both of those guys have achieved. I think they're great role models for anyone in the music industry.

Gay Scene

How long have you been frequenting the Midlands gay scene?

Probably about 15 years. I remember my first experience of the scene was going to see Andy Farley play at Subway City one night after I'd finished DJing in Coventry. It was a life-changing experience for me.

What's been your fondest memory of the scene?

Meeting some amazing friends, and being accepted. I met one of my best friends, Mike, on the scene, and he's been a big part of my life ever since. He's also brutally honest, which is great, as he tells me when my music's really good or really bad. He says he's just keeping me grounded.

Who's your favourite cabaret act on the scene?

Vicky Jackson. Vicky is a very close friend of mine and we actually met through the scene. She's an awesome vocalist and a truly nice person. We've worked together on several projects and I'm sure we'll continue to do so for many years.

Who's your favourite person on the scene?

Simon Baker (resident DJ at the Nightingale), a true gentleman and a very close friend. We're on the same wavelength and have a great deal in common, both musically and personally.

What do you most enjoy about the gay scene?

The bizarre mix of people that you tend to bump into. It is, to my mind, the only place where you can mix with such a diverse, friendly crowd.

What have you noticed about the way the scene has changed over the years?

I certainly don't think it's as vibrant as it used to be. I don't think the 'kids' have got the staying power these days. I can remember being out in the packed DV8 club on a Sunday night/Monday morning until 6am and then going straight from there to work. We were hardcore!

How would you change the gay scene?

I would bring back a proper regular 'house music' event - it doesn't really seem to exist on the scene anymore. The majority of venues play camp/cheese, which is why I'm magnetically drawn to XXL. It appears to be the only club with the music that I enjoy listening to.

Time Out

Where do you like to go on a night out?

Eden, XXL and Ministry Of Sound.

What do you do to relax?

Go to the gym - I know that sounds strange but it's really helped chill me out.

What do you enjoy on telly?

The Walking Dead - it's become an addiction!

What was the last album or track you bought?

MK & Becky Hill - Piece Of Me.

Which one website do you spend the most time on?

Facebook.

Which type of holiday do you prefer?

My friends live in Devon, and I love going there. However, I also love going to New York. I'd say that's my favourite destination.

Quickfire

Who's your favourite actor?

Chris Evans and Tom Hardy (both for the obvious reason).

What's your favourite book?

I don't read books. Sad, I know.

Half empty or half full?

Mostly half full.

What's your favourite food?

Chinese - always.

And how about your favourite drink?

Jack Daniels and coke.

Madonna or Lady Gaga?

Who's Lady Gaga?

If you could take a selfie with one person, alive or dead, who would it be?

Michael Jackson.

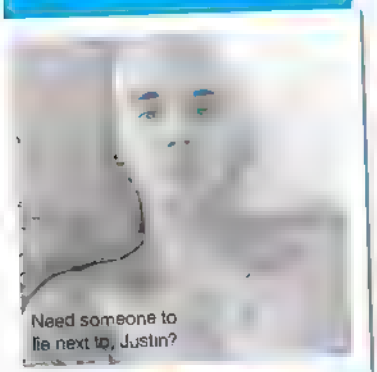
Pictures by Joseph Sinclair

THE VIRAL ROUND UP

HERE'S WHAT WE'VE BEEN LOOKING AT ONLINE...

We all do it - spend hours on Facebook, Twitter, Instagram and YouTube. Often, we're distracted from what we should be doing by cat videos and funny pranks - or by something feelgood that's been shared so much on the net it's officially classed as 'viral'. Well, here are some of Midlands Zone's favourites from the past month!

CELEB SNAPS! OUR FAVOURITE PICTURES FROM INSTAGRAM...



GOLDEN: A touching film about the challenges of growing up gay

Following the recent tragedy in Orlando, in which 49 people were murdered in a gay club, a German filmmaker has released a touching short film which showcases the difficulties faced when growing up gay.

Kai Stänicke said the only reason he shared the film online was because a friend asked him to, to support the victims of the shooting. The movie features a gold-coloured boy growing up from being a baby to adulthood, with life, work and love gradually getting harder as he ages. It all works out for him in the end, though, as he discovers he's not the only one who's golden. Watch it here: **youtu.be/xKmr7QYtGFk**

Ever wonder what goes on in the head of a HOMOPHOBE? Here's an idea...

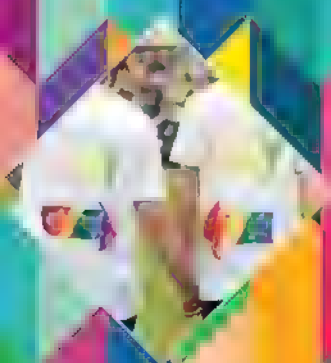
Have you ever wondered what goes on in the mind of a homophobe? Well here's an idea, courtesy of the folks over at Funny Or Die.

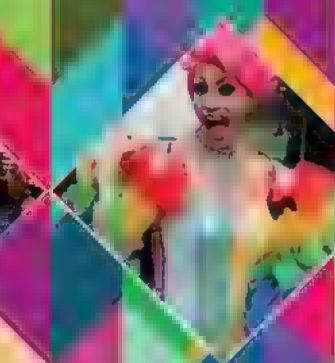
Research suggests that the more homophobic a person is, the more likely it is that they experience within themselves some form of same-sex attraction. Based on that notion, here's what may be going through the mind of an anti-gay governor from the US when he tries to order a gay cake.

Watch and laugh here: **bit.ly/28IpejK**

SUMMER OF PRIDE

GUIDE TO LGBT EVENTS

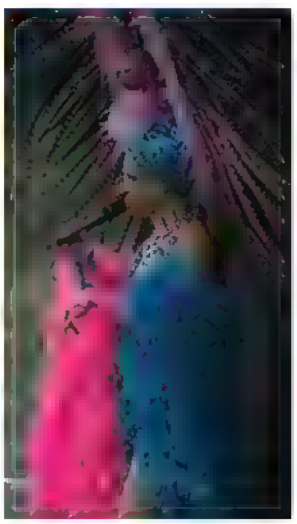


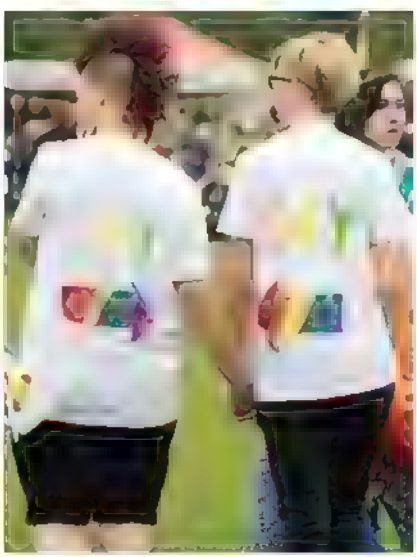


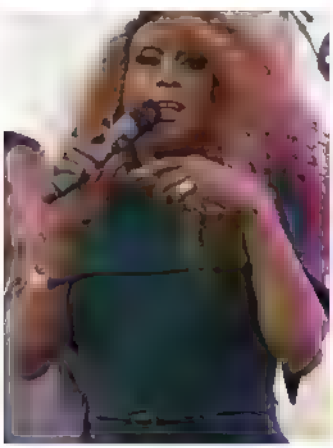
Parade and party success for **Gloucestershire Pride**

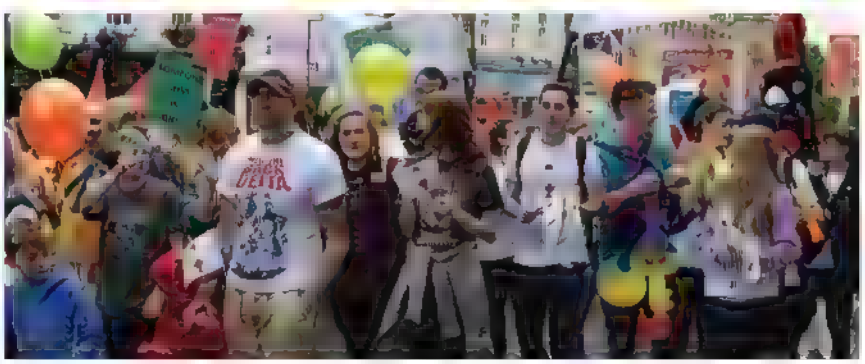
Last month saw Gloucestershire's annual Pride festival and parade make a welcome return.

Hundreds of people turned up to watch the colourful parade make its way through the city's streets to Gloucester Park, where a day of family-friendly fun and awesome activities awaited Organisers of the event hailed it one of the biggest and busiest Gloucestershire Prides ever









Pictures by Gay Pride Pics

Activities and Workshops

- The Cuddly Bear
- Animal Corner
- Pizza Making
- Mug-Cake Baking
- Cake Decorating
- Brainimaniac Science
- Air Dry Pottery
- Bezerkaz Circus Skills (www.bezerkaz.com)
- Treasure Hunt
- Family Pride Sports Day
- Bracelets & Beaded Bubble Wands
- Storytelling
- Fancy Dress Tent
- Family Pride's Got Talent
- Inflatables
- Abba Night & UV Disco
- My Fun Party Balloons & Magic Show

Live Bands, Singers and DJ's all weekend
AND MUCH MUCH MORE...

Barnswood Scout Camp, Leek Old Road,
Rushton Spencer, Nr Leek, Staffordshire SK11 0RB

www.familyprideuk.co.uk

Call: 0121 350 9217 / 0776 669 0706

NHS

MENS HEALTH LEICESTER

Further programmes available

www.leicestersexualhealth.nhs.uk

Free, private and confidential sexual health checks to gay & bisexual men, and men who have sex with men (MSM).

celts sauna

Celts Narborough Road Sauna Clinic:
Day: Tuesdays
Time: 3pm - 6pm
Place: 38 Narborough Road, Leicester LE3 0BQ

City Celts Sauna Clinic:
Day: Wednesdays
Time: 3pm - 5pm
Place: 33 New Bond Street, Leicester, LE1 4RQ

Splash Spa & Leisure

Day: Thursdays
Time: 3pm - 6pm
Place: 61 Bedford Street, Leicester, LE1 3JR

TRADE

You can also check out Trade Sexual Health

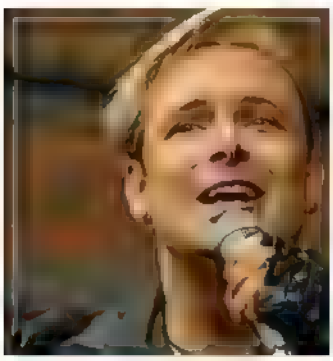
www.tradesexualhealth.com

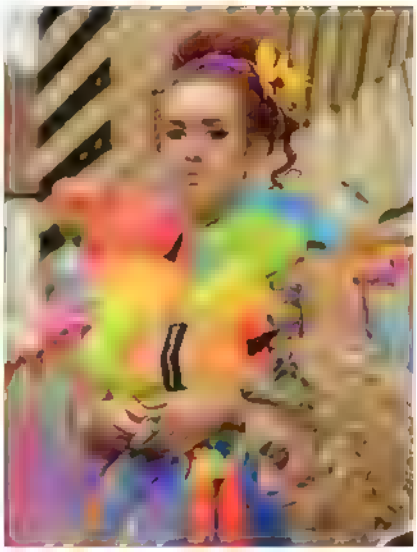
Second annual Coventry Pride hailed a success

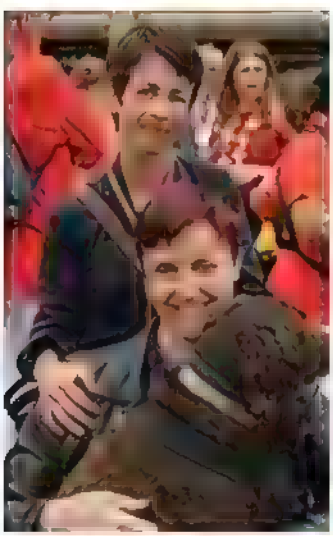
Organisers of the second annual Coventry Pride have hailed last month's two-day festival a big success, with more than 7,500 people attending the Fargo Village event.

Building on its 2015 debut, the weekend festival consisted of performances workshops and partying.

Roll on plenty more of the same in a year's time. Being sent to Coventry has never been more fun!







Pictures by Gay Pride Pics

Warwickshire Pride presents....

A RIGHT ROYAL PRIDE

Saturday 20th August

11:00am - 6:00pm

The Pump Room Gardens, Leamington Spa

Stalls - Live performances - Food & drink - Children's area

Pamper area - Dog show - Mad Hatter's Tea Party for children - DJs

Drag Queens - Fairground rides - and much more...

FREE ENTRY

www.warwickshirepride.co.uk

Featuring live performances from Jordan Gray, Vangelis, Twisted Rio, Ryan Jagger, Amrick Channa, King Sammy Silver, Sassi Afrika, Wild Bill, Ruder Than U, Kian Taylor-Jackson, Bradley Hunt, Kirsty Wright, Tarn, Morocco Dave, and more...

Heather Peace to headline L FEST this month

Friday 15 - Monday 18 July
Uttoxeter Racecourse
lfest.co.uk

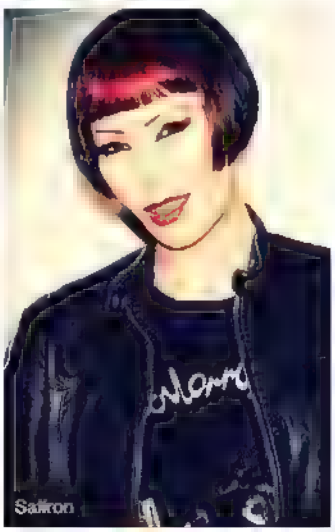
The UK's biggest and best lesbian festival returns to Staffordshire this month - and is set to be even bigger and better than before!

Whether it's live music, cinema, arts, crafts or literature that tickles your fancy, there really is more than enough to keep you busy!

Headline music acts already announced for the festival include Republica singer Saffron on the Saturday and Heather Peace wrapping things up on the Sunday,

The event is also very welcoming of families, with free tickets for kids under 16. And if you're a solo festival-goer, don't worry - L Fest is a great place to make new friends too!

Heather Peace


Saffron

L FEST THE UK'S AWARD WINNING LESBIAN MUSIC COMEDY AND ARTS FESTIVAL

HEATHER PEACE

SAFFRON
FROM REPUBLICA

LIVE. LIFE. LAUGH. LOVE. LADIES

L FEST

JULY 15TH-18TH UTTOXETER RACECOURSE

NEAR TO ALTON TOWERS - EARLY-BIRD TICKETS FROM £65 INC FREE CAMPING
GLAMPING AND HOTELS AVAILABLE U 16'S FREE

@L FEST EVENTS

FOR TICKETS WWW.LFEST.CO.UK

STOKE-ON-TRENT PRIDE: A party in the Potteries

Saturday 16 July
Northwood Park, Hanley

stokeontrentpride.org.uk

Stoke-on-Trent Pride has been a firm fixture on the Midlands LGBT calendar for the last 10 years.

Staged in the beautiful Victorian setting of Northwood Park, the event shows the city's residents just how fabulous Stoke's LGBT community really is!

The festival is run solely by volunteers and funded by sponsors, fundraising events and bucket collections. The organisers look to make the event bigger and better each year - so expect 2016's festival of fun to be the best yet!

This year's line-up of entertainers includes The Voice's Vangelis Polydorou, The Fabulettes, Stacey Jackson, Kelly Wilde, Rozalla and Jason Prince. There's a host of drag talent from far and wide too, including Candy Fierce, Kitty Glitterballs, Dixie Normous and Royal Ascot.

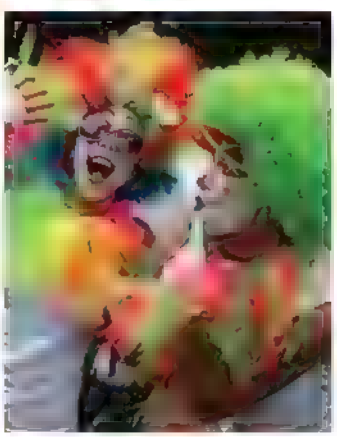
Other attractions include numerous community and market stalls around which to browse, and some great food suppliers for those suddenly-peckish moments!

Vangelis Polydorou

Kelly Wilde

Stacey Jackson

The Fabulettes



20
MINUTES
WHAT CAN
YOU DO?
WE CAN TELL YOU
YOUR HIV STATUS
www.20mintesting.co.uk
#TimeToTest

PLAYED WITH
MORE BALLS
THAN USUAL?
Staffordshire and NHS
STAFFORDSHIRE AND STOKE-ON-TRENT
GayLife
STAFFORDSHIRE AND STOKE-ON-TRENT
Get a full sexual health screening this summer
Visit Cobridge Community Health Centre, Church Terrace, Cobridge, Stoke-on-Trent, ST6 2JN

It's time to party at second CHESTERFIELD PRIDE

Sunday 24 July
Queens Park, Chesterfield

chesterfieldpride.co.uk

We're getting excited about the second Chesterfield Pride, so let's hope there's no rain and plenty of sunshine - in marked contrast to 2015!

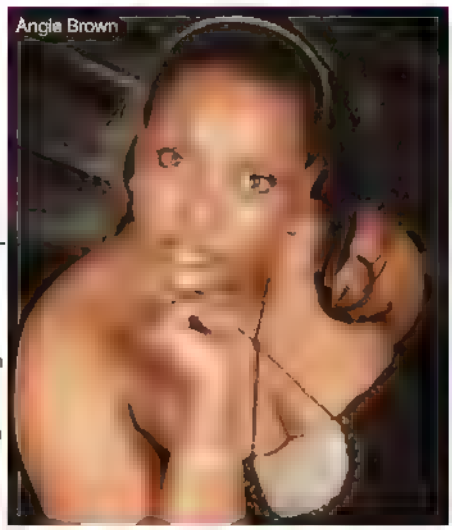
Sunday 24 July sees the beautiful Queen's Park transformed into a place of rainbows, equality, love, fun and entertainment

The festival's Main Stage hosts live music from some great acts, including Angie Brown, Soraya Vivian, Eva Iglesias and Jason Prince

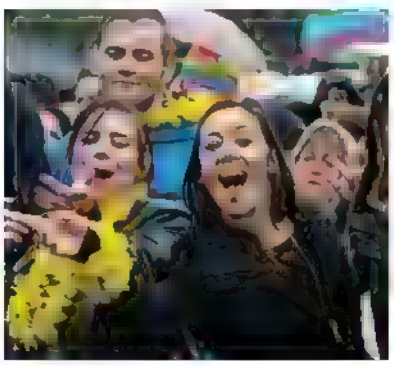
And there's no shortage of stalls around which to browse either, as well as a number of food outlets and a licensed bar

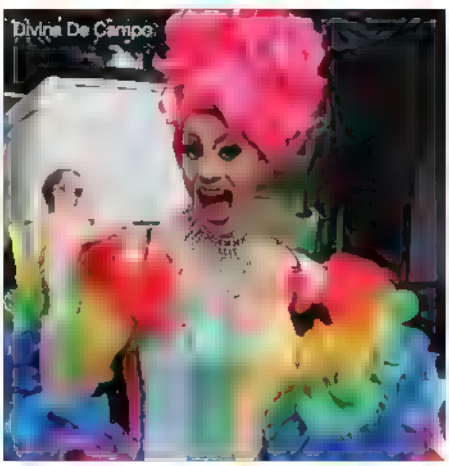
The event's great for families too, with a children's area helping to ensure the kids don't get bored

Whether you're straight or LGBT, you're very welcome Chesterfield Pride takes place from 1pm until 7pm.


Angie Brown

Soraya Vivian




Divina De Campo

Jason Prince

We're hoping for sunshine this year - last year was bit soggy

Chesterfield PRIDE

JULY 24TH

ANGIE BROWN

SORAYA VIVIAN

EVA IGLESIAS

AMRICK CHANNA

JASON PRINCE

SAM SOLACE

KELLY WILDE

STEVIE MOORE

LUKE PRIMMER

DIVINA DE CAMPO

ELESHA PAUL MOSES

MASON JAMES

LEE LAMBERT

ALEX WALLHEAD

ALFIE HORNBY

ROB KING

CHARLES HIBBERD

ELLA VA-HIGHT

CANDY DU KANE

PLUS

STALLS • FUNFAIR

CHILDREN'S AREA

1PM-7PM

VK

SO!

Derbyshire LGBT+

CHESTERFIELD BOROUGH COUNCIL

CANDY

IT'S MY PARTY

PROCTORS FUNFAIR HIRE

DANCE CRAZY

BE PART OF IT

QUEENS PARK CHESTERFIELD S40 2ND

NOTTINGHAMSHIRE PRIDE: A celebration of visibility

Saturday 30 July
Broad Street, Nottingham
nottinghamshirepride.co.uk

Another year, another parade and festival for Nottinghamshire - and one that's promising to be a great day out.
The festival kicks off with a march from Castlegate (starting at 11am) through the city's streets to Broad Street, where the day's entertainment continues until 6pm.

www.staffordshirebuddies.co.uk

Staffordshire Buddies
the local HIV charity

SeXwize

Services in Staffordshire

HIV & Sexual Health
Information, Advice & Guidance
Outreach Services
One to One Support
Support Groups
Youth Services
Hate Crime Reporting
Same Sex Domestic Violence Advice
Signposting & Referrals
Training & Consultancy
Condoms & Lube
Volunteering Opportunities
HIV Rapid finger prick testing
Instant results within 60 seconds

Trans South Staffordshire
LGBT South Staffordshire

☎ **01782 201251**

ask@staffordshirebuddies.co.uk

Registered Charity No:1047375

KWIK PRICK

Kwik Prick is a free rapid HIV test for the lesbian, gay, bisexual and trans communities, and is available at Trade every Monday* from 12 noon until 6pm.

Kwik Prick:
- Free and confidential
- Uses only a finger prick blood sample
- Result within minutes
- 99.7% accurate
- May detect HIV exposure from as little as 4 weeks ago

TRADE

Drop-in service every Monday*, 12 noon until 6pm.
Appointments can be made for other days

Location: **Trade, 2nd Floor, 27 Bowling Green Street, Leicester, LE1 6AS**
For more information call us on **0116 254 1747** or visit us at **www.tradesexualhealth.com**

*Kwik Prick is not available on Public Holidays
Trade Charity Number 1061552

PRIDE UK Diary Dates

JULY

Bourne Free Pride
Friday 8 July
The Triangle, Bournemouth
bournefree.co.uk

Sparkle: The National Transgender Celebration
Friday 8 - Sunday 10 July
Sackville Gardens, Manchester
sparkle.org.uk

Pride Bristol
Saturday 9 July
Castle Park
pridebristol.co.uk

Essex Pride
Saturday 9 July
Central Park, Chelmsford
essexpride.org

Newcastle Pride
Friday 15 - Sunday 17 July
Town Moor
northern-pride.com

L Fest
Friday 15 - Monday 18 July
Uttoxeter Racecourse
lfest.co.uk

Pride in Hull
Saturday 16 July
Baker Street
prideinhull.co.uk

Stoke-on-Trent Pride
Saturday 16 July
Northwood Park
stokeontrentpride.org.uk

Brighton Trans Pride
Friday 22 - Sunday 24 July
Dorset Gardens
transpridebrighton.tumblr.com

Pride Diversity Games
Saturday 23 & Sunday 24 July
Various venues, Brighton
brighton-pride.org

Luton Pride
Saturday 23 July
Stockwood Park
lutonpride.doodlekit.com

Chesterfield Pride
Sunday 24 July
Queens Park
chesterfieldpride.co.uk

Liverpool Pride
Saturday 30 & Sunday 31 July
St Georges Quarter
liverpoolpride.co.uk

Norwich Pride
Saturday 30 July
The Forum
norwichpride.org.uk

Weston-Super-Mare Pride
Saturday 30 July
Grove Park
wsmpride.com

Nottinghamshire Pride
Saturday 30 July
Castle Gate, Nottingham
nottinghamshirepride.co.uk

Pride Sheffield
Saturday 30 July
Endcliffe Park
pridesheffield.org

Brighton Dog Pride
Sunday 31 July
Hove Recreation Ground
brighton-pride.org

AUGUST

Bicon
Thursday 4 - Sunday 7 August
University of Central Lancashire
bicon.org.uk

Family Pride
Friday 5 - Monday 8 August
Barnswood Scout Camp, Leek
familyprideuk.co.uk

Trans Pride South West
Friday 5 August
Trinity Centre, Bristol
transpridesw.org.uk

Brighton Pride
Saturday 6 & Sunday 7 August
Preston Park & St James Street
brighton-pride.org

Leeds Pride
Sunday 7 August
Lower Briggate
leedspride.com

Cymru Pride
Saturday 13 August
Coopers Field, Cardiff
cardiffmardigras.co.uk

Plymouth Pride
Saturday 13 August
Hoe Park
prideinplymouth.co.uk

Glasgow Pride
Saturday 20 August
Glasgow Green
pride.scot

Warwickshire Pride
Saturday 20 August
Pump Room Gardens
warwickshirepride.co.uk

Swindon & Wiltshire Pride
Saturday 20 August
Town Gardens, Swindon
swindonwiltshirepride.co.uk

Doncaster Pride
Saturday 20 August
Sir Nigel Gresley Square
doncasterpride.co.uk

Manchester Pride
Friday 26 - Monday 29 August
Manchester Gay Village
manchesterpride.com

Cornwall Pride
Saturday 27 August
Lemon Quay, Truro
cornwallpride.com

Walsall Pride
Saturday 27 August
Gallery Square
walsallpride.org

SEPTEMBER

Leicester Pride
Saturday 3 September
Victoria Park, Leicester
leicesterpride.com

Reading Pride
Saturday 3 September
King's Meadow Park
readingpride.co.uk

Bolton Pride
Friday 23 - Sunday 25 September
Victoria Square
boltonpride.com

OCTOBER

Chester Pride
Saturday 1 October
Castle Square
chesterpride.co.uk

MIDLANDS ZONE WISHES YOU ALL A SAFE AND HAPPY PRIDE SEASON!

FITNESS FASHION

01 Adidas LGBT Tank Top

Celebrate Pride 2016 with the LGBT Pride collection from adidas Originals. This light, airy tank top features a splattered rainbow graphic across the front that frames the iconic Trefoil logo

£21.95

www.adidas.co.uk

02 Nike Strike Tech Pants Mens

These Nike Strike Tech Pants are great for a comfortable feel thanks to a relaxed, generous fit through the leg, seat and thigh area. Its mesh lining allows for a ventilated feel whilst wearing, leaving you cooler. These track pants are complete with three pockets and the recognisable Nike Swoosh.

£36.00

www.sportsdirect.com

03 Adidas Superstar Shoes

adidas Originals celebrates Pride 2016 with its vibrant LGBT Pride collection. These men's adidas Superstar shoes proudly display the rainbow with an eye-catching splatter print on the mid-sole and upper.

[redacted]

www.adidas.co.uk

04 2EROS Aktiv Tee

This piece is designed in crisp black with contrasting grey, both featuring a 'sheen' on the fabric, helping to accentuate your silhouette and body contours. The front of the tee features the digitally designed circular pattern, with a crisp black back and raglan-style short sleeves.

£39.99

www.clonezone.co.uk

05 BCNU Hench Super Cool Running Tank

BCNUs compression-style running tank offers unparalleled athletic benefits, as well as looking and feeling amazing. Designed for the active man, this tank is ideal for working out, running, riding, lifting or stretching, or as a casual tank featuring sensational design.

£44.99

www.clonezone.co.uk

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CZ clonezone

01 Moto Z

The latest smartphone from Motorola claims to be the thinnest in the world at just 5.19mm. Featuring Moto Mods, you can snap speakers, a projector or extra battery capacity to the back of your phone using really strong magnets. The 5.5" display is something to behold, whilst the latest and greatest version of Android keeps you at the forefront of technology.

Coming soon
motorola.com

02 Xbox One S

It's one of the world's most popular gaming consoles, giving you a platform of escapism whilst playing games such as Fifa, Call Of Duty or Grand Theft Auto. And now the folks over at Microsoft have completely re-engineered it, making it sleeker, slimmer and sharper.

£349.99
microsoftstore.com

03 Apple macOs Sierra

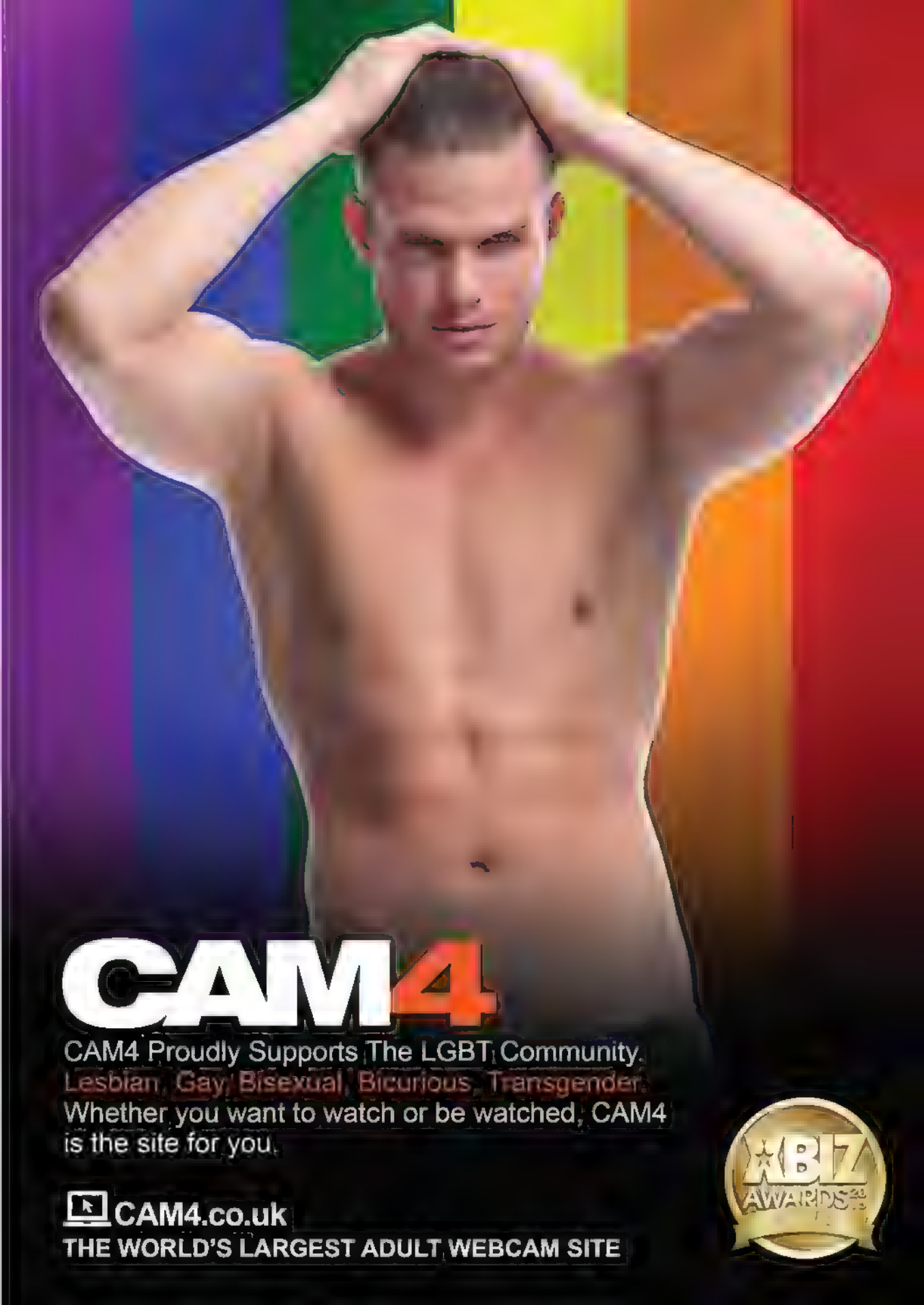
Siri makes its debut on Mac, with new capabilities designed just for the desktop. And that's not the only way your Mac is smarter. macOS Sierra helps you rediscover your best photos, shop more securely online, and work more seamlessly between devices. It can also help free up valuable storage space. Now your Mac does even more for you, so you can do more with your Mac.

Coming soon
apple.com

04 Apple iOS 10

Everything you love is now even better with iOS 10, Apple's biggest release yet. Express yourself in bold new ways in Messages. Find your route with beautifully redesigned Maps. Relive memories like never before in Photos. And use the power of Siri in more apps than ever.

Coming soon
apple.com


CAM4
CAM4 Proudly Supports The LGBT Community.
Lesbian, Gay, Bisexual, Bicurious, Transgender.
Whether you want to watch or be watched, CAM4
is the site for you.
CAM4.co.uk
THE WORLD'S LARGEST ADULT WEBCAM SITE
AWARDS

BANG+STRIKE

#BEACHREADY

BANG+STRIKE.COM

PRESS PLAY!

This month's hot DVD, music and book releases...

DVD HOLDING THE MAN

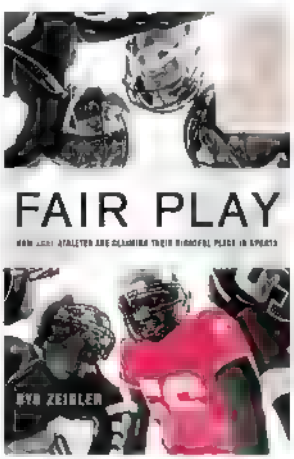
The course of teenage love rarely runs smooth, but this is especially true when you're secretly gay in an all-male Aussie school in the 1970s and entranced by the captain of the football team

A pair of star-crossed lovers, Tim and John meet when Tim is in a high school production of Romeo And Juliet. The encounter ignites a romance that endures for 15 years, laughing in the face of everything that life throws at it - the separations, the discriminations, the temptations, the jealousies and the losses

Based on Timothy Conigrave's hilarious cult-classic memoir - and the inspiration for the award-winning stage play - Holding The Man is a remarkable true-life love story that speaks across generations, sexualities and cultures.

BOOK FAIR PLAY... by Cyd Zeigler

...How LGBT Athletes Are Claiming Their Rightful Place in Sports



When Cyd Zeigler started writing about LGBT sports issues in 1999, no one wanted to talk about them

Today, this is a central conversation in society that reverberates throughout the sports world and beyond

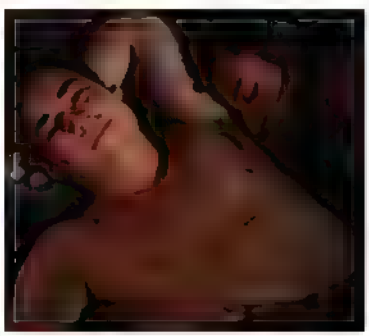
In Fair Play, Zeigler explains how sports have transformed for LGBT athletes. He shares intimate behind-the-scenes details about various star names, including NFL Hall of Famer Michael Irvin, transgender MMA fighter Fallon Fox and NFL hopeful Michael Sam. In the process, he offers contextual insights into elite sports, including the overhyped 'distraction' myth surrounding gay athletes.

Always the forward-thinker, Zeigler maps out the necessary steps to complete sports' transformation, and to fully open athletics to LGBT people.

MUSIC NOW 94 by Various

Britain's favourite music compilation series returns this month with its 94th instalment

Featuring some of the biggest hits from the past few months, there are floor-fillers, bangers and beats for you to enjoy! A great CD for a sing-song in the



DVD CONFESSIONS

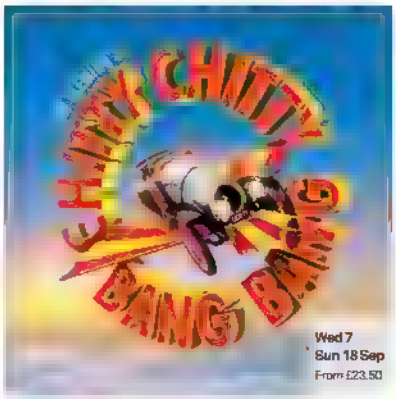
Take a peek beneath the surface of any gay man and who knows what you'll find?

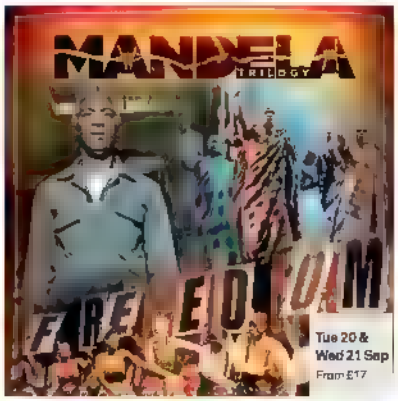
Confessions - an anthology of disclosures from the recesses of the gay male psyche - goes some way towards providing an answer

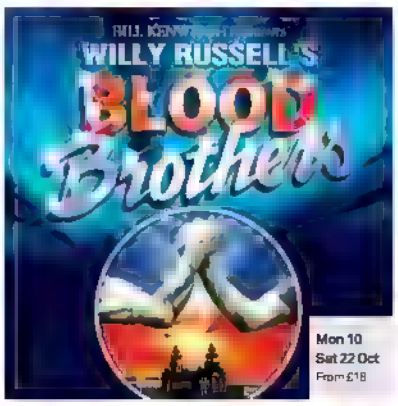
Focusing on themes that are dark, sexy, intense, funny, romantic and shocking, the book turns a spotlight on characters you don't often get to see, but who you won't want to turn away from.

BIRMINGHAM HIPPODROME

see something new







BIRMINGHAM HIPPODROME

0844 338 5000 birminghamhippodrome.com

Calls cost 4.5p per min plus access charge. 5% transaction charge applies excluding cash sales in person.

hotlist

THIS MONTH'S HOT EVENTS & THINGS TO SEE AND DO

1 EASTEND CABARET: YETI'S DEMON DIVE BAR

mac, Birmingham,
Tues 19 - Wed 20 July

'A high-powered Flight Of The Conchords dipped in acid and drenched in smut' is how Australian website Crikey summed up EastEnd Cabaret. New Zealand's Theatreview, meanwhile, said the pair were 'like the mutant child of a Victorian circus, locked away in the Pet Shop Boys' basement and forced to watch nothing but Eurovision'.

You no doubt get the picture. Well, some sort of picture, anyway. EastEnd Cabaret's description of themselves may further enlighten: 'a globe-trotting, manbeast-riding, accordion-wielding, filth-mongering musical comedy duo'.

Featuring Jennifer Byrne as European chanteuse Bernie and Victoria Falconer-Pritchard as the freakish hermaphrodite Victor Victoria, the award-winning act brings together a winning combination of risqué songs and character comedy.

This latest show, debuted last year, features all manner of bizarre new characters, including an overly amorous yeti, a sleazy severed head and the intriguingly named Psychedelic Nuns.

2 THE ROCKY HORROR SHOW

Curve, Leicester,
Mon 4 - Sat 9 July

Starring Diana Vickers as Janet, Ben Freeman as Brad, Richard Meek as Eddie/Dr Scott and Kristian Lavercombe as Riff Raff

Ben Freeman stars opposite X Factor finalist Diana Vickers in this new touring version of Richard O'Brien's cult classic.

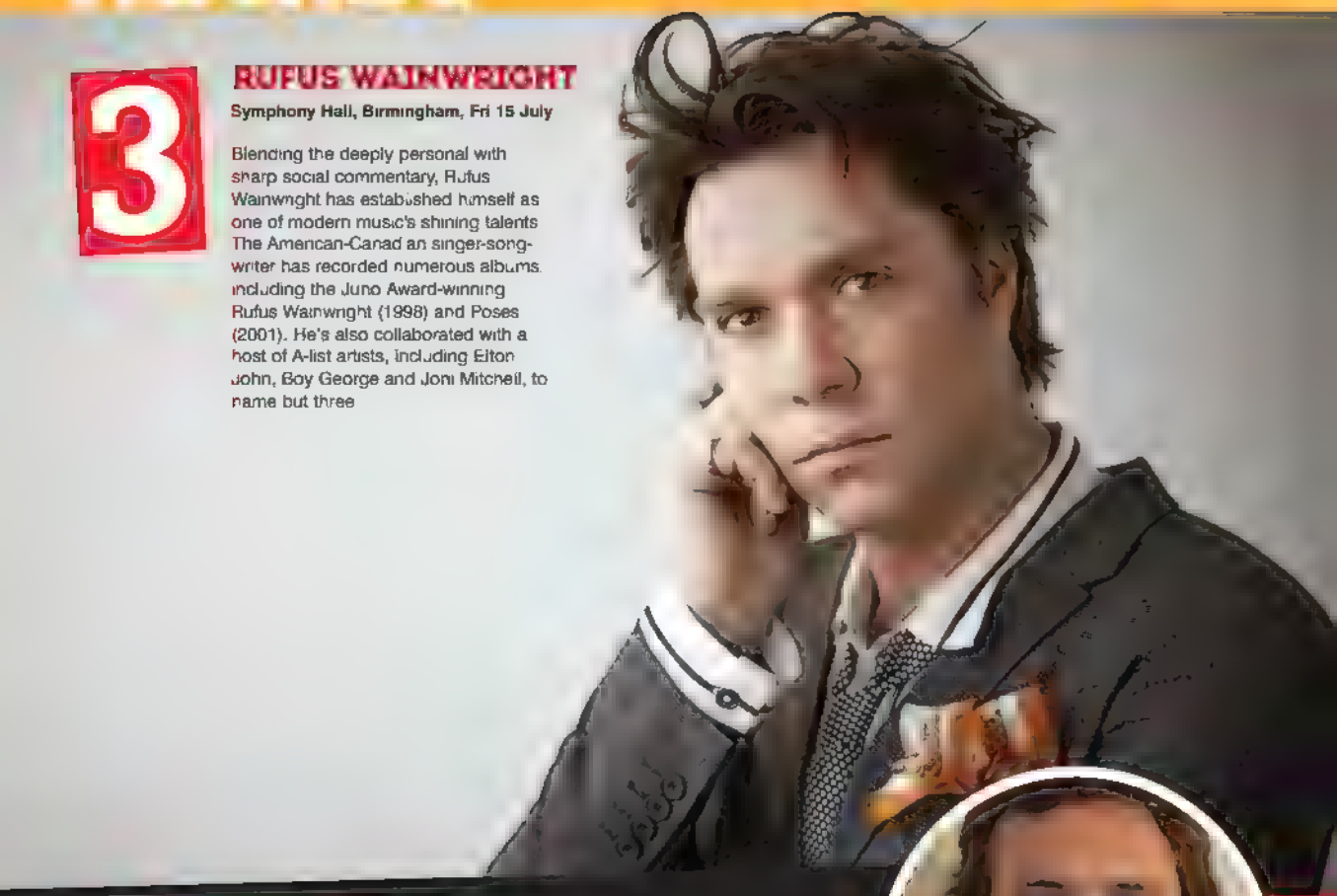
It tells the tale of straight-laced Brad and the deliciously corruptible Janet, who arrive at the castle of the alien transvestite Frank N Furter and witness the birth of the monster, Rocky.

Great fun's a guarantee - particularly if you get into the spirit of things and attend the show dressed in your very best stockings and suspenders (as many patrons do)!

3 RUFUS WAINWRIGHT

Symphony Hall, Birmingham, Fri 15 July

Blending the deeply personal with sharp social commentary, Rufus Wainwright has established himself as one of modern music's shining talents. The American-Canadian singer-songwriter has recorded numerous albums, including the Juno Award-winning Rufus Wainwright (1998) and Poses (2001). He's also collaborated with a host of A-list artists, including Elton John, Boy George and Joni Mitchell, to name but three.



4 THE BEAUTIFUL GAME

Nottingham Playhouse, Wed 27 July

This loving ode to Britain's obsession with football is performed by four energetic women to a backdrop of terrace classics.

A collision of dance and football, The Beautiful Game is a show for all the family to enjoy, its box-to-box energy and goalscoring excitement sure to stir within its audience a sudden yearning for that matchday meat pie and cup of oh-so-salty Bovril.

But please, no pitch invasion at the final whistle. After all, it's only a game!

5 RENT: THE MUSICAL

Old Rep Theatre, Birmingham, Tues 26 - Sat 30 July

Written by Jonathan Larson and the recipient of both a Tony Award for best musical and a Pulitzer Prize for drama, Rent takes its audience on an intimate journey through a year in the lives of a small circle of friends and artists.

Busily living out their dreams and battling their demons, the group boldly celebrate life on the streets of New York's East Village.

Local lad Timothy Gough (pictured) takes the lead as Roger.

6 FINDING DORY

Released Fri 29 July

With the voices of **Ellen DeGeneres, Albert Brooks, Hayden Rolence, Ed O'Neill, Kaitlin Olson, Ty Burrell, Diane Keaton, Idris Elba, Willem Dafoe**

Directed by **Andrew Stanton (USA)**

It's amazing it hasn't happened sooner. Since it opened in 2003, Finding Nemo has become the sixth highest-grossing cartoon of all time, with a tidy $937million in the bank. With the additional money from DVD and Blu-Ray sales, broadcasting rights and merchandising, that figure will be humongous. So, here is the sequel. Dory is the forgetful Pacific regal blue tang from the first film which, in case you've been away, is a fish. She (voiced by Ellen DeGeneres) suddenly remembers the events of her childhood and so sets off to find her family - along with the clownfish Nemo (Brooks) and Marlin (Rolence). There will be adventure along the way

8 SUMMERTIME

Released Fri 15 July

Starring **Cécile de France, Izïa Higelin, Noémie Lvovsky.** Directed by **Catherine Corsini (France/Belgium)**

Two women from entirely different worlds - Carole is a militant feminist teaching Spanish in Paris and Delphine is a farmer's daughter committed to her parents in rural southwest France - fall passionately in love. The drama, directed by the veteran French filmmaker Catherine Corsini, is set in 1971

7 FOOTLOOSE

New Alexandra Theatre, Birmingham, Mon 4 - Sat 9 July

Featuring classic numbers such as Holding Out For A Hero, Almost Paradise, Let's Hear It For The Boy and, of course, the title track itself, this remastered show stars Gareth Gates and Maureen Nolan

A hit both on Broadway and in the West End, it tells the story of city boy Ren's arrival in Bomont, and the impact which his dancing has on a town held back by the memory of a tragedy

9 ABSOLUTELY FABULOUS: THE MOVIE

Released Fri 1 July

Starring **Jennifer Saunders, Joanna Lumley, Julia Sawalha, June Whitfield, Jane Horrocks, Kathy Burke** Directed by **Mandie Fletcher (UK/USA)**

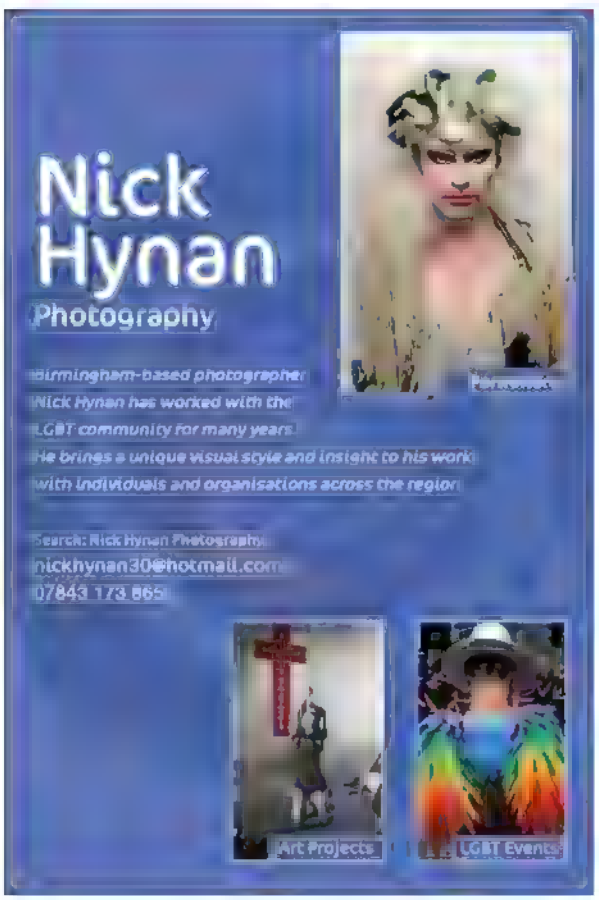
Darling, you know everything's going to be fabulous, if not outrageous

The eternally youthful Jennifer Saunders and Joanna Lumley reprise their small-screen roles as Edina and Patsy and get into awful trouble, forcing them to flee to the French Riviera. At least the champagne will be good there.

And let's just say that Kate Moss is a trouper.

WIN! A pair of aussieBum Luxe swimwear

To enter, simply visit www.midlandszone.co.uk before Friday 29 July



OUT

JULY 2016

RUPAUL'S DRAG RACE WINNER
AT BIRMINGHAM GAY CLUB

BOB THE DRAG QUEEN

SATURDAY 3RD SEPTEMBER

LEICESTER PRIDE 2016

VISIT LEICESTERPRIDE.COM FOR MORE INFORMATION

LEICESTER PRIDE

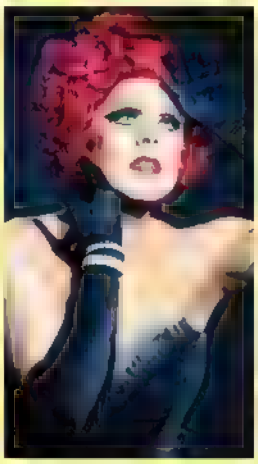
Masquerade Ball

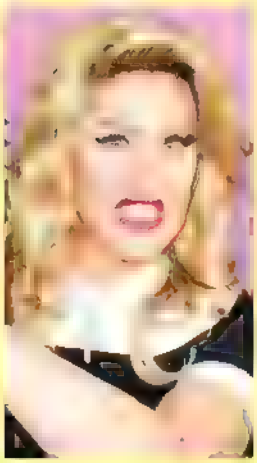
TWO HEADLINE ACTS TO BE ANNOUNCED THIS MONTH

SUNDAY 28TH AUGUST CITY ROOMS, LEICESTER

prideball@leicesterpride.com 0843 289 2840

LIFE IS A CABARET: Birmingham's Eden Bar to host a month of fabulous cabaret





If you love cabaret, you're in for a treat at Birmingham's Eden Bar!

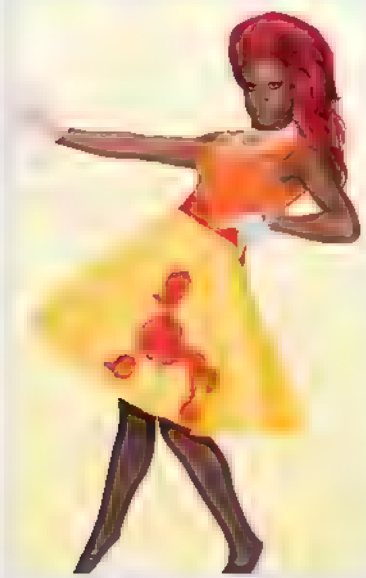
This month sees a whole host of different acts visiting the award-winning venue, starting off with Kylie tribute Rogue Minogue on Saturday the 2nd. La Voix rolls into town again on Thursday the 7th and then again on Saturday the 9th as part of the Touch My Brum afterparty.

Thursday the 14th sees Charlie Hides take to the stage, whilst Britain's Got Talent semi-finalist Danny Beard is at the venue on Thursday the 21st.

La Voix's back one last time on Saturday the 23rd, with Mary Mac wrapping up the month on Saturday the 30th.

EDEN BAR - BIRMINGHAM

RuPaul star **BOB THE DRAG QUEEN** heads to Birmingham



If you're a fan of hit US TV show RuPaul's Drag Race, you'd best head down to Birmingham's Nightingale Club on Saturday 30 July.

Carrying on with its successful run of Drag Race acts, the venue hosts the debut Birmingham performance of Season Eight winner Bob The Drag Queen!

The RuPaul queens always go down a treat, so make sure you don't miss out!

[redacted]

Men-only night **XXL** returns to The Core in Birmingham

Men-only club night XXL returns to Birmingham this month - and it promises to be as good as ever!

Taking place on the third Friday of every month (15 July), the London club night's Midlands event features resident DJ Christian M playing the best hits and remixes to get the dance-floor packed.

Oh, and if you fancy making your night out that little bit hotter, don't forget there's a dark room upstairs!

[redacted]

REGGIE 'N' BOLLIE PA and meet-and-greet at Wolverhampton's Gorgeous

Bosses over at Wolverhampton's Gorgeous bar & club have announced that X Factor's Series 12 runners-up, Reggie 'n' Bollie, will be appearing at the venue in October.

The pair, who originate from Ghana, have won the hearts of the British public and are currently storming the charts with single New Girl.

The pair will be at the venue on Saturday 1 October, presenting a live PA and then sticking around for a meet-and-greet.

So if you're keen on a bit of cheese, make sure you're there!

[redacted]

MONDAY

July 4 11 18 25

BIRMINGHAM

2 FOR 1 COCKTAILS - Sunday to Friday - All day & night. Wind down after work with a cocktail or two
The Loft Lounge

MINISTRY OF POUND - with DJ Mike Emery from 9pm. Selected drinks £1. Open until 2am.
[illegible] Bar

BINGO - Bingo with Queeny
The Village Inn

SUGAR RUSH - £2 entry
Nightingale Club

[illegible]
Bar Jester

OUTSKIRTS
[illegible]
Bar Jester

POUNDED
[illegible]
Sidewalk

WEST MIDLANDS

FABULOUS Featuring resident DJ Col. playing the best in chart hits, camp tunes and more. Live cabaret every 1st Monday of the month. ***Mon 4 July*** - the return of fantastic cabaret from the one and only award-winning Miss Penny! Free admission before midnight and just £3 after
C:21, Shrewsbury

THE MONDAY CLUB - 9pm-5am - Student night. Everything is £2 (Shots £1) with DJ Lee Edward.
Gorgeous, Wolverhampton

CHILL NIGHT
Three Furnaces, Telford

GET THE PARTY STARTED
[illegible]
Gossip, Stoke on Trent

STUDENT NIGHT
all drinks £1.50 before midnig[illegible]
Pivil, Stoke on Trent

EAST MIDLANDS

2 TILL 2
[illegible]
The Boston, Northampton

[illegible]
New Foresters, Nottingham

TUESDAY

July 5 12 19 26

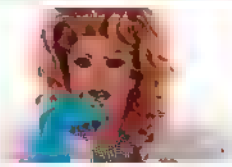
BIRMINGHAM

90'S NIGHT - Every Tuesday night 10.30pm-3am
[illegible]

2 FOR 1 COCKTAILS - Sunday to Friday - All day & night. Wind down after work with a cocktail or two
The Loft Lounge

SCREAM STAR SUPERSTAR - Wait your host karaoke temptress, Gavina. Party starts at 9pm till late
[illegible]

OPEN YOUR SNATCH - Songs, Games & Prizes with Miss Penny
The Village Inn



TOPS OF TUESDAY
[illegible] DJ G Hall[illegible]
Bar Jester

WEST MIDLANDS

[illegible]

The Lion Bar & Club, Walsall

CAMP QUIZ
[illegible]
Three Furnaces, Telford

DIVERSITY
[illegible]
thing from pop &[illegible]
Velvet, Worcester

FLAUNT
[illegible]
Brewery Tap, Worcester

SKYE'S PARTY NIGHT
[illegible]
The White Hart, Wolverhampton

[illegible]
Rainbows, Coventry

[illegible]

2 TILL 2
[illegible]
The Boston, Northampton

CHILL OUT NIGHT
[illegible]
New Foresters, Nottingham

GAMES NIGHT
Fr[illegible]
Nintendo Wii from 8p[illegible]
Dover Castle, Leicester

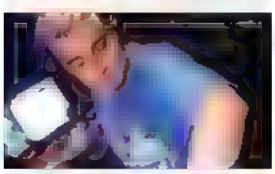
[illegible]

July [illegible]

BIRMINGHAM

2 FOR 1 COCKTAILS - Sunday to Friday - All day & night. Wind down after work with a cocktail or two
The Loft Lounge

2 GOOD 2 MISS - Drinks from just £2 with DJ Mike Emery
Missing Bar



KILLER KARAOKE - with Charlotte the Harlotte
The Village Inn

2 FOR 1 COCKTAILS
[illegible] feathers at[illegible]
Sidewalk

[illegible]
[illegible] Pool. Open
The Fox

WACKY WEDNESDAYS
[illegible]
Bar Jester

[illegible]
The Wellington

WEST MIDLANDS

DISCO & DJ
[illegible]
Rainbows, Coventry

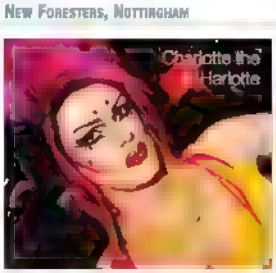
STUDENT CLUB NIGHT
[illegible]
Three Furnaces, Telford

WACKY WEDNESDAYS
Karaoke & [illegible]
Rainbows, Coventry

EAST MIDLANDS

KARAOKE - 9pm til 3am. £2 drinks from 8pm til 11pm. Free Entry
The Boston, Northampton

GAMES NIGHT
Free Pool 1[illegible]
[illegible]
Refreshments & Disco 7pm-2am
New Foresters, Nottingham



[illegible]

July [illegible]

[illegible]

2 FOR 1 COCKTAILS - Sunday to Friday - All day & night. Wind down after work with a cocktail or two
The Loft Lounge

CHARLIE HIDES - ***Thurs 14 July*** - Award winning cabaret artist Charlie Hides returns to Birmingham for a great night out!
Eden

CULT - Bringing dirty house back home. Top Floor from 10pm.
Nightingale Club

DANNY BEARD - ***Thurs 21 July*** - Britain's Got Talent semi-finalist live on stage at Eden!
[illegible]

I <3 THE 90S - From 8pm with DJ Dan. Doors open from 2pm.
[illegible]

LA VOIX - ***Thurs 7 July*** - Britain's Got Talent semi-finalist live on stage at Eden!
Eden

POUNDED - £5 entry. Drinks from a £1. DJ Corey playing chart and dance on whilst Miss Marty and DJ Craig with all the pop and cheese on the middle floor
Nightingale Club

TANGO THURSDAYS - with Marty Happy Hour 12noon-2am

The Village Inn

THROWBACK THURSDAY - £1.20 bombs and great music
[illegible]

DROP THE BOMB - start of yo[illegible]
[illegible]
Sidewalk

[illegible]
[illegible] p and[illegible]
[illegible]
stay around for[illegible]
The Core

[illegible]

12.01 - with DJ James Levett. Open from Midnight until 5am with drinks from £1
Gorgeous, Wolves

THE KARAOKE LOUNGE
[illegible]
The Lion, Walsall

DISCO & DJ
[illegible]
The White Hart, Wolverhampton

[illegible]

2 TILL 2 - Open from 2pm til 2am for a quiet drink.
The Boston, Northampton

THE BIGGEST GAY
MONDAY NIGHT IN THE MIDLANDS!

FREE ENTRY BEFORE MIDNIGHT!
10PM-3AM

MON 4TH JULY
MISS PENNY

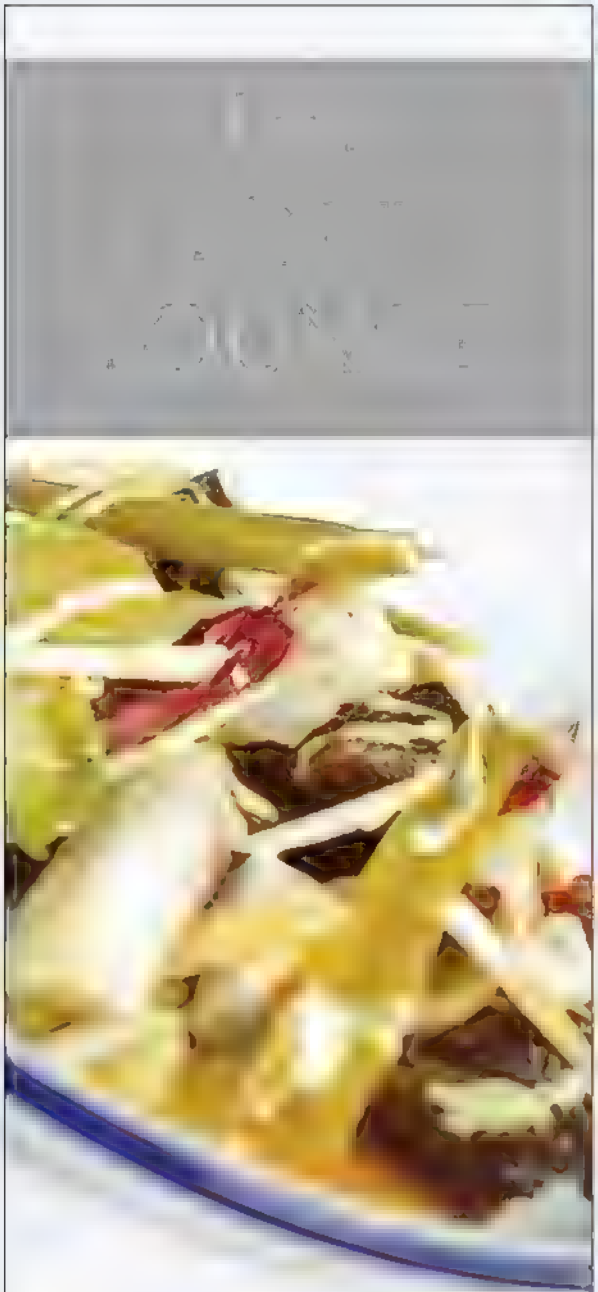
MON 1ST AUGUST
SANDRA

Fabulous

PLUS: HAPPY HOUR FROM 10PM // DRINKS FROM £1 ALL NIGHT!

C:21

18-21 ABBEY FOREGATE, SHREWSBURY, SHROPSHIRE SY2 6AE. TEL: 01743 271821 WWW.C21SHREWSBURY.CO.UK



BIRMINGHAM

2 FOR 1 COCKTAILS - Sunday to Friday - All day & night. Wind down after work with a cocktail or two
The Loft Lounge

ALL DAY EVERY DAY PRICES - DJ Parm, takes over the weekend by playing the best of club classics. house, R&B and all your favourites. Enjoy all day every day prices too!
Sidewalk

ASYLUM - *Fri 22 July* - A night of New Romantic, New Wave, Goth Punk, Ska, Reggae and Hi-NRG music
Eden Bar

BIG GAY FRIDAY - Party anthems all night long with Missing's DJ James. Open until the early hours
Missing Bar

SING STAR SUPERSTAR WITH DISCO & KARAOKE - with DJ Nikki.
Eden Bar

FREAKY FRIDAY - Big name cabaret at midnight. Open until 6am. *Fri 1 July* - Vicki Vivacious. *Fri 8 July* - Amy Laqueefa. *Fri 15 July* - Miss Jason. *Fri 22 July* - Lola Lasagne *Fri 29 July* - Sandra.
The Village Inn

INFUSION - Free Entry. Absolute Anthems and Floor Fillers with DJ Corey. Drinks from £2. £2 entry
Nightingale Club

KICK START - Kick start the weekend from 9pm til the early hours. Hosted by James
Missing Bar

L&R - With Charlotte the Harlotte. Open until 6am every Friday.
The Village Inn

LIP GLOSS - *Fri 1 July* - A night for the trans* community, admirers and friends. With Miss Penny, Miss Marty, DJ Jason Green and stripper Python
Eden Bar

MIDSBEARS - *Fri 15 July* - A night for the bear community, admirers and friends
Eden Bar

OLD SKOOL GARAGE - The first Friday of the month sees the Nightingale go back in time playing some of the best in old skool garage. A night not to be missed.
Nightingale Club

SAATHI - *Fri 29 July* - Every last Friday monthly. South Asian Gay and Lesbian club night. Bollywood and Bhangra.
Nightingale Club

SING STAR SUPERSTAR - with DJ Nikki every Friday - your chance to win cash!
Eden Bar

VINTAGE FRIDAYS - a night of soul, funk, rock, motown, Northern Soul and all the classic favourites
The Loft Lounge

XXL - *Fri 17 June* - Men only night with DJ Christian M. Early Bear offers until 11pm. Every 3rd Friday of each month (apart from this month due to a Pride specia.)
The Core Club

FUNK D UP (alternate Sat
'n 6am. £5 til 2am. £8 af
Club Chic

KARAOKE Come and have a sing
o start your week
The Fox

RETRO FRIDAY Retro
DJ Matt. Happy Hour
late
Bar Jester

WEST MIDLANDS

THANK FUNK IT'S FRIDAY
Gorgeous residents spinning house and classics. 12am - 6am
Gorgeous Club, Wolverhampton

BANG The big week
entry b4
The Lion, Walsall

TV PARTY NIGHT
ery Friday night t at
The Greenhouse, Darlaston

promos unti
9.45. Free
try bef
The Three Furnaces, Telford

FREE ENTRY FRIDAYS S
the
Oper
Boxing
Day open 9pm-3am
Rainbows, Coventry

FRIDAY SOCIAL
h DJ Pau
&
The Bell, Stourbridge

WEEKLY CABARET with DJ Skye
Cabaret at 12.30am. Open
The White Hart, Wolverhampton

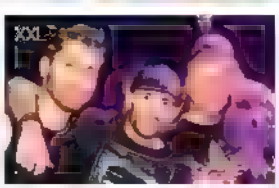
START THE WEEKEND
sion before 11pm. Ta
baret show from
Pink, Stoke on Trent

TFI FRIDAY A fun and fun
ure of 70s, hig
current chart
Brewery Tap, Worcester

EAST MIDLANDS

PINK POUNDER - Every Friday night with DJ Snuckles. £8 entry, £1 drinks. Open 9pm-4.30am.
The Boston, Northampton

CLUB NIGHT
et's from
chart toppers
Helsinki, Leicester



XXL LONDON

WEDNESDAYS 10PM - 3AM
SATURDAYS 10PM - 8AM
PULSE
No.1 INVICTA PLACE SE1 9UF

WWW.XXL-LONDON.COM

BIRMINGHAM

3RD FRIDAY EVERY MONTH
9PM - 3AM
THE CORE
135 SHERLOCK ST, BIRMINGHAM

FACEBOOK.COM/XXLLONDON

BIRMINGHAM

80S HITS - with DJ Dan from 2am it s back to the 80s.
Eden Bar

THE ATTIC - Available for hire. Call the venue for more info · 0121 622 4256
Medusa Bar

BIG SATURDAY NIGHT OUT - Over 2 floors, 3 DJs. Open til 8am. With DJ Lotty & Dj Richard Moon. With DJ Tonie in The Village Underground
The Village Inn

BIG SATURGAY NIGHT OUT - Every Saturday, with loads of drinks promotions.
Nightingale Club

BEARBRUM - *Sat 16 July* - A night for bears, their friends and admirers.
Eden Bar

CULT - Bringing dirty house back home. Top Floor from 10pm.
Nightingale Club

KARAOKE & COCKTAILS - in The Attic, plus music from across the decades
Medusa

LA VOIX · ***Sat 23 July*** · Britain's Got Talent semi-finalist live on stage at Eden. Great vocal talents combined with hilarious comedy make for a great night out!
Eden Bar

BOB THE DRAG QUEEN - *Sat 23 July* - The Ru Paul's Drag Race star visits Birmingham for the first time
The Nightingale

L8R · With Charlotte the Harlotte Open until 8am every Saturday
The Village Inn

MARY MAC - *Sat 30 July* - A night of cabaret with Mary Mac
Eden Bar

ROGUE MINOGUE - *Sat 2 July* - A fantastic tribute to Kylie Minogue
Eden Bar

SATURDAY SESSIONS - With DJ Simon Baker from 8pm.
The Loft Lounge

SATURS-FACTION · Welcome in the weekend with resident DJ, playing the best of everything
Bacchus

SWAGGERLICIOUS - Every Saturday night (Room 4)
Nightingale Club

TOUCH MY BRUM - *Sat 9 July* - Official afterparty for Birmingham Bulls' touch rugby tournament featuring La Voix.
Eden Bar

YOUR DISCO NEEDS YOU - featuring the biggest remixes, absolute anthems, dance classics, disco, house and commercial with your host Twiggy
Missing

THE [illegible]
Club Chic

FABULOUS SATURDAYS Get t[illegible]

The Core Club

DJ PARTY NIGHT O[illegible]

The Fox

[illegible]

Bar Jester

KARAOKE E[illegible]
The Wellington

WEST MIDLANDS

[illegible]
Wolverhampton s biggest night out with DJ Jame Levett!
Gorgeous, Wolverhampton

BIG NIGHT OUT E[illegible]
The Lion, Walsall

[illegible]
The Three Furnaces, Telford

BIG SATURDAY NIGHT OUT Chees[illegible]
Rainbows, Coventry

INCLUSION wit[illegible]
The Bell, Stourbridge

NOT TO MISS Free adm[illegible]
Pink, Stoke on Trent

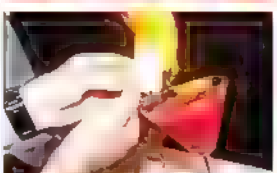
WEEKLY CABARET with D[illegible]
The White Hart, Wolverhampton

EAST MIDLANDS

BIG WEEKEND PARTY NIGHT - 10pm til 6am. Free entry before 11pm, £3 before 1am and £5 after **The Boston, Northampton**

CLUB NIGHT With D[illegible]
Helsinki, Leicester

BIRMINGHAM



2 FOR 1 COCKTAILS - Sunday to Friday - All day & night. Wind down after work with a cocktail or two
The Loft Lounge

SING STAR SUPERSTAR WITH DISCO & KARAOKE - with DJ Nikki. Every Sunday
Eden Bar

LOCAL CABARET - with Charlotte the Harlotte. Showcasing the best of the Midlands cabaret circuit every Sunday
The Village Inn

MISS PENNY'S SUPERSIZE SUNDAYS Cabaret every Sunday hosted by the one and only Miss Penny on stage at 8.30pm and 10.30pm
Medusa Bar

SUPER SUNDAY DINNER serve[illegible]
[illegible]

CHILL OUT [illegible]
The Fox

SUNDAY IS FUNDAY with E[illegible]
[illegible]

WEST MIDLANDS

MARTY'S PARTY 9pm-4am - Fun & Games. Karaoke. Prizes and all round mayhem. Drinks from £2
Gorgeous, Wolverhampton

THE PARTY LOUNGE Re[illegible]
Lion Bar & Club, Walsall

KARAOKE & DJ A night of [illegible]
The White Hart, Wolverhampton

RANDOM PARTY NIGHT C[illegible]
Three Furnaces, Telford

EAST MIDLANDS

BRUNCH CLUB Brunch for £5 wi[illegible]
Rainbow & Dove, Leicester

GORGEOUS

KEEPING WOLVERHAMPTON OUT!

BLOCK PARTY

THURSDAYS: 10PM - 6AM

Gorgeous Opens @ 1am

3 VENUES...
ONE MASSIVE PARTY!

GORGEOUS | YATES | POP WORLD

FRIDAYS: 12AM - 6AM

James Levett | Joe Campbell
Rob Cook | Lisa Sharred | Chris E

FUNKY | BASSLINE | HOUSE | COMMERCIAL

£2 ENTRY B4 1AM... £5 AFTER!

#THANK FU#K ITS FRIDAY

SATURDAYS: 11PM - 6AM

Wolverhampton's BIGGEST Night Out!

£3 Entry B4 12am | £5 B4 2am | £6 B4 3am | £7 After

DJ JAMES LEVETT

Chart | Pop | Rn'B | Funky | Bassline

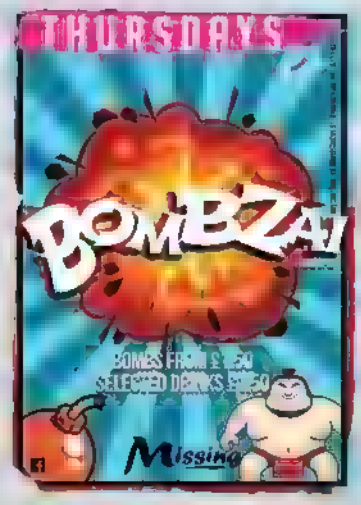
Sunday 28th August
DAN OSBORNE (TOWIE)
MEET & GREET!

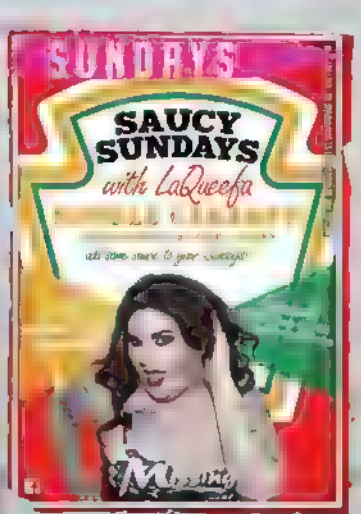
Saturday 1st October
REGGIE & BOLLIE
LIVE P.A. + MEET & GREET!

/gorgeousnightclub

gorgeousclub.co.uk

GORGEOUS CLUB | SCHOOL STREET | WOLVERHAMPTON | WV1 4LF | 01902 771122





WEEKLY AT

Missing

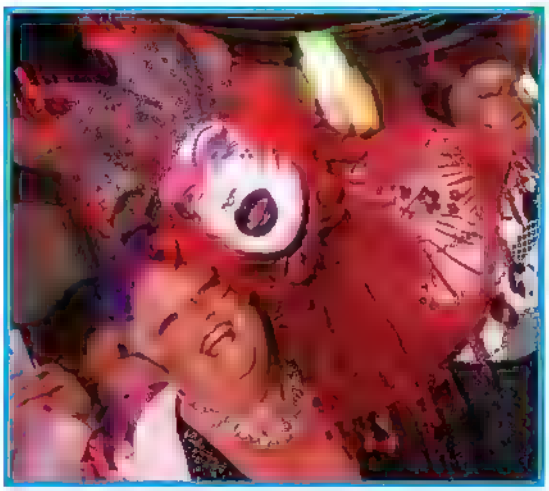
SPECIAL APPEARANCE

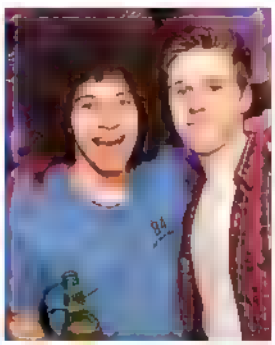
the Spicey Girls TRIBUTE

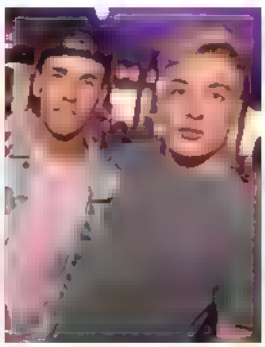
WEDNESDAY 13TH JULY

MISSING BAR, 48 BROMSGROVE ST, BIRMINGHAM, B5 0121 622 4256

Missing: The place to party in Birmingham!







More great photos on **facebook**

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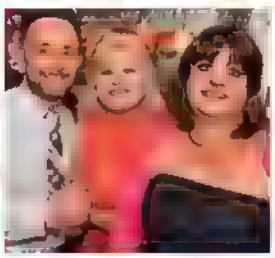
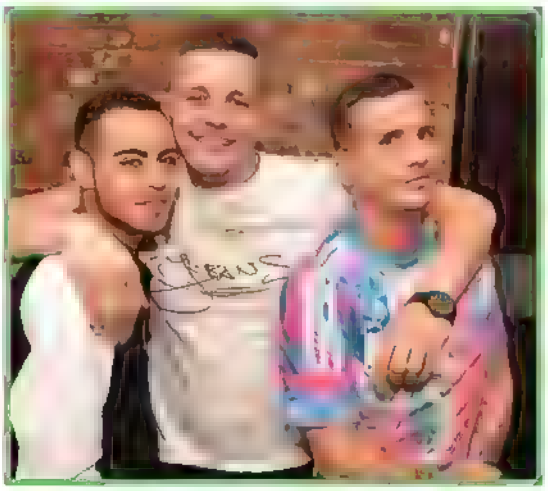
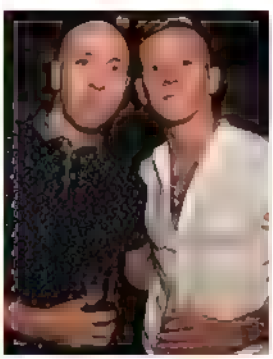
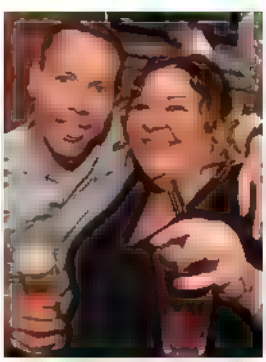


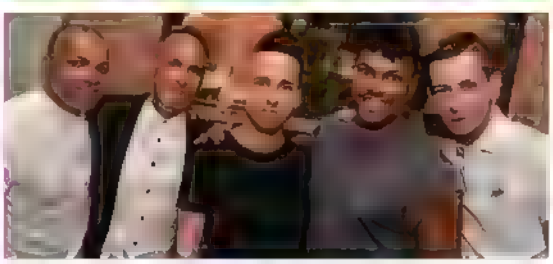
Pictures by Laura Wynne

Kick-start your night out at **The Loft Lounge**

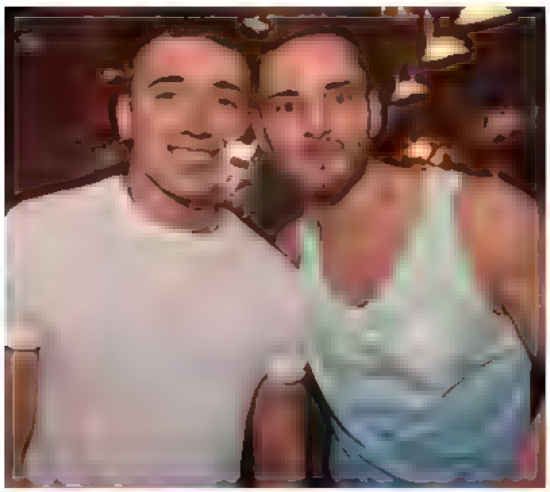


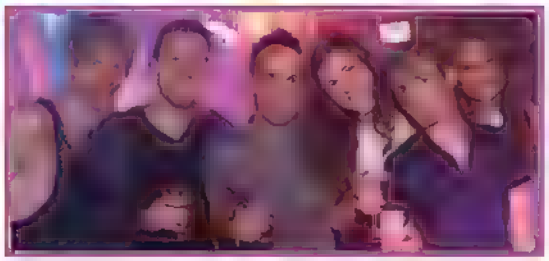






Club the night away at **The Nightingale** in Brum!





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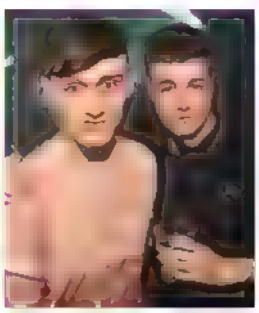

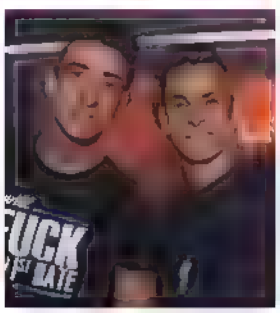

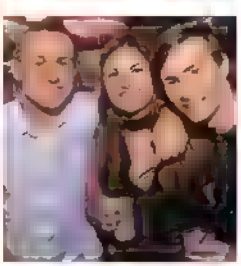

Birmingham's **Eden** is a great night out for all!

Danny Beare, Christopher Biggins and La Voix help out with Drag Idol judging

More great photos on **facebook**
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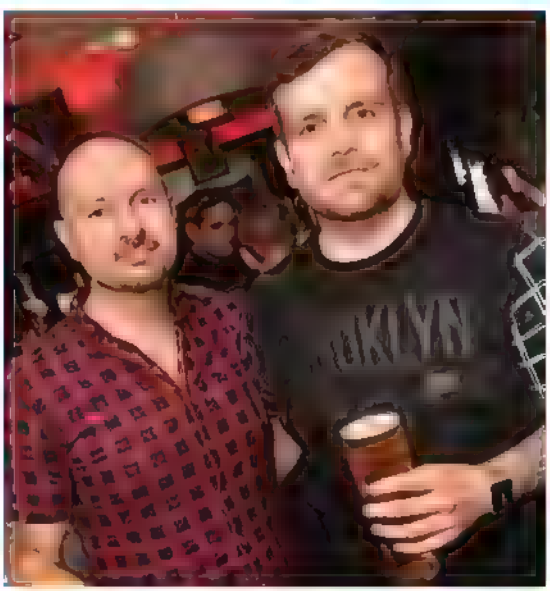
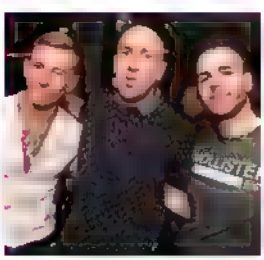
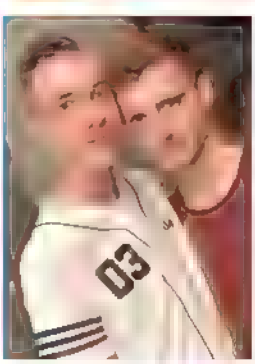
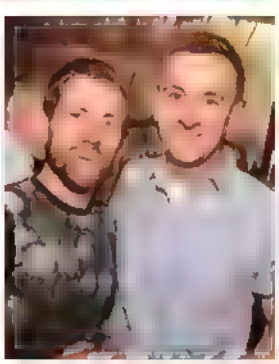






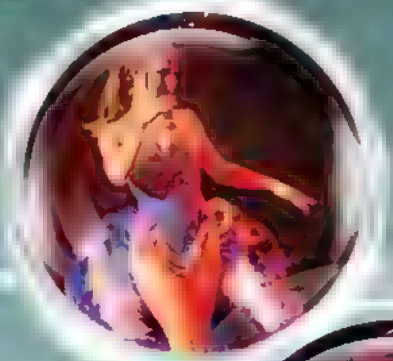


Pictures by Laura Byrne

ENTERTAINMENT FOR JULY

eden

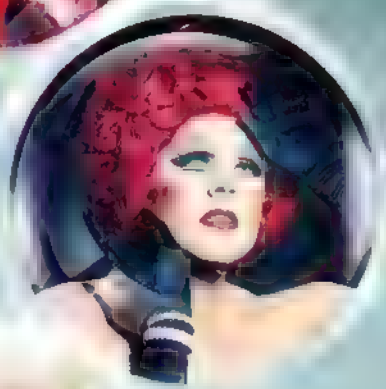
FRI 1ST With your hostess Miss Penny CABARET Miss MARTY
DJ JASON GREEN - MALE STRIPPER - PHYTON
LIP GLOSS



SAT 2ND THE FANTASTIC TRIBUTE TO KYLIE MINOGUE
ROGUE MINOGUE

THURS 7TH BOOK YOUR [illegible]
LA VOIX

FRI 8TH [illegible]
TOUCH MY BRUM



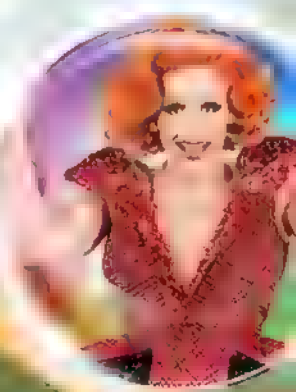
SAT 9TH [illegible] LA VOIX
TOUCH MY BRUM

THURS 14TH
CHARLIE HIDES

FRI 15TH
FURFEST

SAT 16TH
BEAUDIUM

THURS 21ST
DANNY BEARD



FRI 22ND ALTERNATIVE 80S NIGHT
ASYLUM

SAT 23RD
LA VOIX

SAT 30TH
MARY MAC

EVERY THURS EVERY FRI & SUN EVERY [illegible]

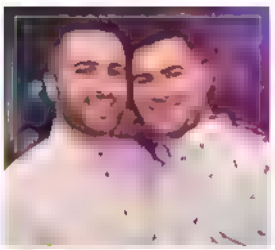
I ♥ THE 90S

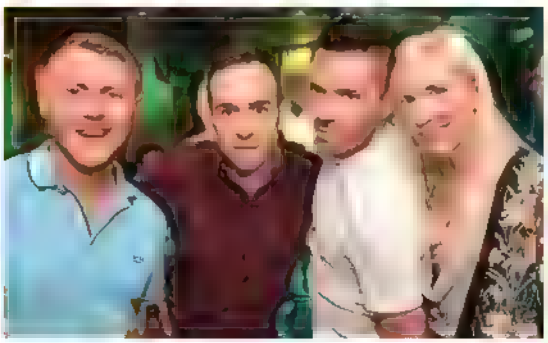
KARAOKE & DISCO DJ NIKKI

80S HITS WITH DJ D[illegible]

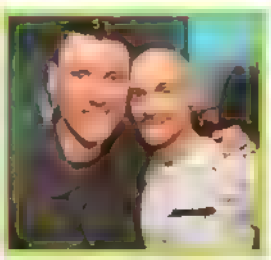
116 SHERLOCK ST. BIRMINGH[illegible] | WWW.THE[illegible]

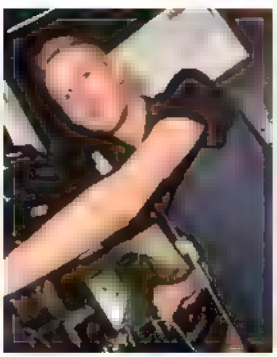
Dance till dawn at **The Village Inn** in Birmingham!

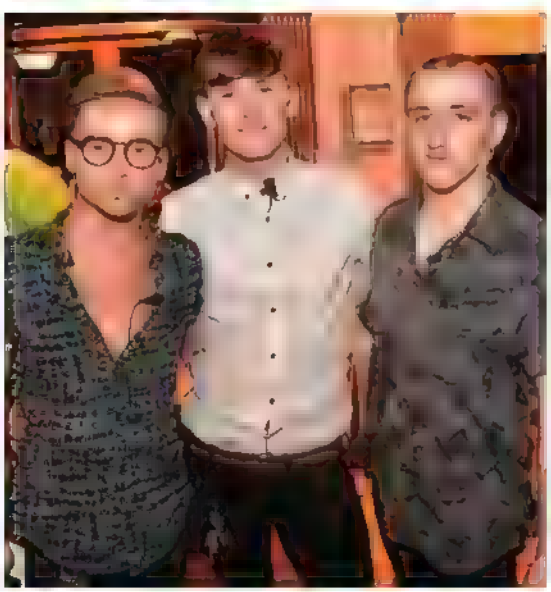




facebook







THE VILLAGE INN

WWW.VILLAGEBIRMINGHAM.CO.UK

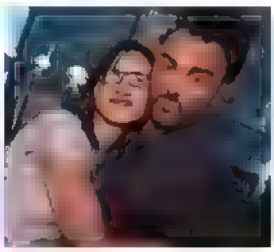
INTERNATIONAL DRAG DAY

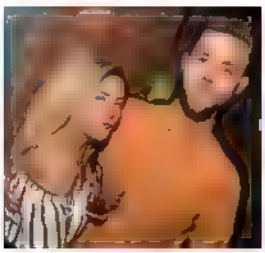
SATURDAY 16TH JULY

LOLA LASAGNE - MISS PENNY - SANDRA

VILLAGEINNBIRMINGHAM @VILLAGEBRUM THEVILLAGEBIRMINGHAM

Take a walk on the wild side at Brum's **Sidewalk Bar**





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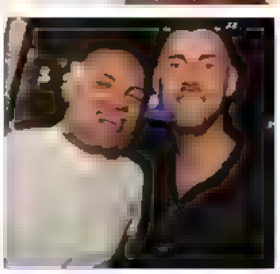

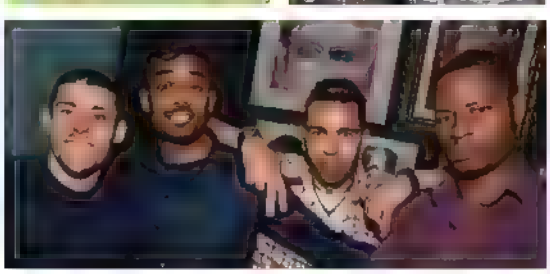

Pictures by Laura Byrne

Birmingham

BAR 38
Holloway Circus
B1 1EG
Tel: 0121 643 8344

BLITZ CLUB
Lower Essex St. B5 6QP
Tel: 0121 666 6888

CLUB CORE
28 Horsefair B1 1DD
Tel: 0121 666 6806

THE CORE CLUB
Sherlock St B5 6NB
Tel: 0121 622 2797
www.thecoreclub.co.uk

EDEN BAR
Sherlock St, B5 6NB
Tel: 0121 622 1953
www.theedenbar.co.uk
/eden.bar
See pictures on page 70

EQUATOR
Hurst St. B5 6SE
Tel: 0121 622 5077

FOUNTAIN INN
Wrentham St B5 6QL
Tel: 0121 622 1452

THE FLAG
17 Lower Essex St,
B5 6SN Tel: 0121 622 3213

LOFT LOUNGE
142 Bromsgrove St,
B5 6RG
Tel 0121 6222 444
www.theloftlounge.co.uk
/The-Loft-Lounge
See pictures on page 69

MISSING BAR
Hurst St, B5 6NU
Tel: 0121 622 4256
www.missingbar.co.uk
/missingbar

THE NIGHTINGALE
Kent St, B'ham
B5 6RD
Tel: 0121 622 1718
www.nightingaleclub.co.uk
/thenightingaleclub

RSVP (formerly Queer Street)
Hurst St B5 6SE
Tel: 0121 622 2444

SIDEWALK
Hurst Street
B1 1EG
Tel: 0121 666 6220
www.sidewalkbirmingham.co.uk

THE VILLAGE INN
Hurst St, B'ham
B5 4BD
Tel: 0121 622 4742
www.villageinnbirmingham.co.uk
/villageinnbirmingham
See pictures on page 72

THE WELLINGTON
72 Bristol St B5 7AH
Tel 0121 622 2592

West Midlands

COVENTRY

RAINBOWS
Short St. CV1 2JW
Tel 02476 551736

GLOUCESTER

THE WESTGATE
Westgate Street
GL1 2NF
Tel: 01452 690045

KIDDERMINSTER

ROYAL OAK TAVERN
31 New Road, DY10 1AF
Tel: 01562 228619

LEEK

WHITE HART
3 Stanley Street, ST13 5HG
Tel 01538 382812

SHREWSBURY

C21 CLUB
Abbey Foregate.
SY2 6AE
Tel: 01743 271821
www.c21bar.co.uk
/C21Nightclub

THE PEACH TREE
21 Abbey Foregate.
Tel: 01743 355055
www.thepeachtree.co.uk
/ThePeachTreeRestaurant

SPIRIT
22 Abbey Foregate.
SY2 6AE
Tel: 01743 271821
www.spiritchampagne.co.uk
/SpiritShrewsbury

STOKE-ON-TRENT

GOSSIP
4 Hope Street
ST1 5BT
Tel: 01782 204957

PINK
93 Stafford Street
ST1 1LS Tel: 01782 272772

STOURBRIDGE

THE BELL
20 Market St DY8 1AG
Tel. 07826 518478

STRATFORD upon AVON

NO7
Prowd Crowd 1st Mon
monthly 7 Windsor St
Tel: 07787 642510

TELFORD

THE THREE PUNCHBOWLS
30 Bridgnorth Rd
Madeley TF7 4JB
Tel 01952 588521

WALSALL

THE LION
Birchills St
WS2 8NG
Tel 01922 610977

THE RED LION
Park St WS1 1NW
Tel 01922 637790

WOLVERHAMPTON

BOND STREET BAR
14 Bond St. WV2 4AS
Tel 07825 305050

GORGEOUS
School St WV1 4LF
Tel 01902 427247
gorgeousbar

THE GOLDEN MILE
Worcester St.
WV2 4LQ
Tel 01902 423998

WORCESTER

THE FLAG
50 Lowesmoor
WR1 2SG
Tel 01905 780467

VELVET CLUB
Angel Row,
WR1 3QN
Tel 01905 20218

East Midlands

DERBY

THE CROWN INN
40 Curzon St
DE1 1LL
Tel 01332 381742

LEICESTER

BELVOIR CASTLE
34 Dover St LE1 6PT
Tel 0116 255 3052

THE CUBE
94 Rutland St. LE1 1SB
Tel 0116 254 7568

RAINBOW & DOVE
185 Charles St. LE1 1LA
Tel. 0116 254 7568

THE ROTUNDA
3-5 New Walk, LE1 6RL
Tel: 0116 255 2220

YOUTH
(YOLO) Gay every Wed
Belgrave Gate. LE1 3GR
Tel. 0116 251 7986

NORTHAMPTON

THE BOSTON
College St. NN1 2QP
Tel. 01604 604404

NOTTINGHAM

NEW FORESTERS
St Ann's St NG1 3LX
Tel 0115 958 0432

THE NEWMARKET INN
38 Lower Parliament
Street. NG1 3BA. (Gay
Friendly)

PROPAGANDA
8 Broadway. NG1 1PS
0115 979 9183

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or adrian.parker@midlandszone.co.uk

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[illegible] Groups

ACE 'A Choir of Equality' Meets every Thursday 5.30-7pm Tel 01902 425092

ACTING OUT An acting group for the LGBT community open to anyone Contact acting out@btinternet.com or visit www.actingout.org.uk

ARTPRIDE Art group. Contact beckytebbett@hotmail.com

BARDS & BOOKS Reading group Every 1st Monday monthly LGBT Centre. B'ham e:hadenshouse@hotmail.com

BGSO Birmingham Gay Symphony Orchestra. Contact: info@bgso.org.uk or visit www.bgso.org.uk

DUDLEY LIBRARY LGBT READING GROUP 1st Friday Of Every Month. Tel. 01384 815560

GAPP (Gay and Performing Proudly) Birmingham Call Mike 07545 507791

LEICESTER POETRY OPEN MIKE NIGHT Meets last Tues monthly at The Red Tent Tel Bobba 07777 692881

LEICESTERSHIRE RAINBOW VOICES LGBT choir Meets every Tues in Leicester. Call Chris on 07740 855248

LGBT READING GROUP Every 3rd Wednesday monthly 7pm Tel Jayne 01902 552060

JOURNEY FILM GROUP LGBT Film group meets every 1st & 3rd Tuesday monthly www.journeyfilmclub.co.uk

RAINBOW SPIRIT Creative activities for gay men Call Jon 07974 477206

RAINBOW VOICES LGBT choir Call Carolyn 07828 647384 or Steve 07813 025990

SMETHWICK LIBRARY LGBT Reading Group 1st Monday monthly @ 5.45pm Tel 0 21 558 0497

UNTOLD STORIES LGBT History project in Leicestershire & Rutland e:dennis@leicesterlgbtcentre.org

WALSALL LGBT BOOK CLUB 1st Sat monthly 11am. Walsall Central Library Contact: Kim 01922 653121

LGBT Social

ANOTHER WAY LGBT Social group meets in Walsall every Saturday 12-2pm. Village Hub Caldmore Walsall Tel 07475 942929

BROTHERHOOD Group for anyone transitioning from Female to Male (18+). LGBT Centre Leicester Call: Dennis 0116 254 7412

BRUM BI GROUP Meets on the 2nd Tuesday of every month at 7.30pm at the HGL drop in. Tel 07532 385760.

BRUM DINING OUT Meets at a different restaurant each month. e: brumdiningout@hotmail.com

CORBY LGBT NETWORK Friendship, socialising and information exchange 3rd Wed monthly 7.30pm www.corbylgbt.co.uk

COVENTRY LADS social group away from the scene Call 02476 229292

DE MONTFORT LGBT SOCIETY Based in Leicester www.dmulgbt.co.uk

DERBYSHIRE CC Employee Network www.derbyshire.gov.uk/councilequalities/employee_network/lgbt

DERBYSHIRE REACHOUT Men's Social Group Tel: 01332 207704

DOSTI South Asian men's group. Leicester. Call: 0116 254 1747

DUDLEY GAY & BISEXUAL MEN'S SOCIAL NON-SCENE GROUP 2nd Sat monthly Free buffet lunch provided Call: Matt Barlow 01384 243220

THE EDWARD CARPENTER COMMUNITY OF GAY MEN Call: 08703 215121 Birmingham contact: 0121 551 3161

EVERGREEN LGBT Social Group in B'ham Tel: 07749 412269

FAN LGBT Social Events Group Northants www.fannorthants.co.uk

GAY CLASSIC CAR GROUP Call Simon on 0121 565 4166

GAYMEZ LGBT Games Night in Wolverhampton Twice monthly Thurs 8-10pm Tel 01902 425092

GLOUCESTERSHIRE Gay & Lesbian Community Social group meets every Thurs @ Gloucs Centre 7.30 Tel 07050 627273

HEREFORD LGBT Gay Men's Drop-in The Health Centre Gaol Street Hereford. No appointment necessary

HIGH 5 GROUP Social Group for men affected by HIV in Leicestershire Tel 0116 254 1747

I:ME Group for BME LGBT people in Wolverhampton 2nd Sunday monthly Tel. 07817 548802

LADS CAFE Shropshire Telford & Wrexham Call 01952 221410

LADS CAFE Weekly gathering for Gay & Bisexual men in Wolverhampton Every Monday 6-9pm. Tel 07788 673666

LAVENDAR MOVEMENT Planting flowers for all to enjoy Meet every Tues e: thelavendarmovement@gmail.com

LEICESTER GAY GROUP Call Pete on 0116 291 6138

LEICESTER LGBT CENTRE CAFE Leicester Call: 0116 254 7412

LGBT PARENTS Network for LGBT parents. www.lgbtparents.net

LGBT SHREWSBURY What's happening in Shrewsbury. lgbtshrewsbury.co.uk

LGBT STAFFORDSHIRE Stoke on Trent Meets every Wed at The Observatory, Hanley www.gaystoke.org.uk

NUBIAN RAINBOW Celebrating black LGBT people in the community West Midlands Social Group Tel 0121 446 1086

OUT EVERYWHERE Bringing people together since 1995 Call 08450 060050

PINK SOU'WESTERS South West B'ham LGBT Group Offers non-scene social events and activities. Call 07976 274271

QUIZ NIGHT 1st Wednesday monthly 7pm @ Gorgeous, Wolves. Tel: 01902 425092

SANDWELL Gay & Bisexual Men's Social Non-Scene Group. 4th Sat monthly Free buffet lunch provided Call: Matt Barlow on 01384 243220

SHREWSBURY CHILL OUT MONDAYS 1st Mon monthly at Old Market Hall Cafe. 8.15pm, Shrewsbury

SOUTH ASIANS LGBT 'Finding A Voice' Social Group in Birmingham Meet once a month at B'ham LGBT Centre. Call: 0121 643 1160

THIRD WAY Social Group for Bi people over 18 Every 3rd Tuesday monthly in Wolverhampton. 7-9pm. Tel 01902 425092

TRUE COLOURS Derby based BME LGBT Social group Call 07779 560284

WAGS Walsall Activities Social Group Over 18s only e: sqawwalsall@hotmail.com

WARWICK PRIDE Social society Organises events on and around the University Campus. e: hello@warwickpride.org

WORCESTER LGBT NETWORK Community Group www.brewery-tap.org.uk

WS-MIDLANDS LGBT Social group Every 1st Tues monthly 7.9pm in Walsall Tel 07895 661557

LGBT Workplace

BIRMINGHAM CITY COUNCIL EMPLOYEE NETWORK Formed in 2002 Email: bccligbt@hotmail.com

BIRMINGHAM LGBT COMMUNITY TRUST campaigning and lobbying, promoting community cohesion and representing LGBT community's views e: daveviney@lgbt.org

BIRMINGHAM LGBT COMMUNITY TRUST FORUM For LGB Groups Quarterly Forum open to all LGB groups for networking e: daveviney@lgbt.org

BLACK GAY & BISEXUAL MEN'S DISCUSSION FORUM. A safe discrete confidential space for black men to discuss issues that affect their lives. Call: 0121 446 1086

GAY BIRMINGHAM REMEMBERED LGBT history project. e: dave@gaybirmingham remembered.org.uk

LEICESTER LGB & T CENTRE Host numerous social groups Call 0116 254 7412

LGBT WOLVERHAMPTON To raise and develop the profile of the Wolves LGBT community Tel 01902 425092

MIDLANDS LGBT EMPLOYEES NETWORK Call: 02476 492711

NORTH STAFFORDSHIRE Gay Men's Drop-in. Call 01782 425969

PINK SHIELD Working to make Birmingham a safer place for the LGBT Community Tel 0121 622 2592

RAINBOW HERITAGE Nottinghamshire. Call 0115 934 8485

TRADE SEXUAL HEALTH Holds events for professionals and the LGBT community Tel: 0116 254 1747

Mature Groups

EMBRACE Group for gay and bi men in Coventry aged over 50 Rainbows Coventry Call James on 07824 448717 or Nichola on 02476 231999

LADS LUNCH Monthly lunch for mature Gay & Bisexual men in Wolverhampton. 3rd Sat monthly 11am-2pm Tel 01902 425092

LGBT 50+ Social group for mature LGBT people Contact 01752 20 251 or ask@staffordshirebuddies.co.uk

MATURE GAY GROUP Meets in Shrewsbury every Friday 11am 1pm Call Trevor on 07779 861640

MATURE GAY MEN For older gay/bi men Call Tom or Paul on 0746 399 2196

OLDER LADS CAFE Weekly group for mature (over 40) Gay and Bi-sexual men in Wolves Every Monday 1 4pm Tel 01902 425092

OLDER LBQ Women's network social group Derby based Call 07779 560284

RUBY'S A mature lesbian & bisexual women's group Tel 0 902 425092

SILVER SIP-PERS coffee morning for people aged 50+ Call 0116 254 74.2

STOKE OLDER PERSONS GROUP Social group for mature LGBT Tel 01782 266998

Religious Groups

BIRMINGHAM BUDDHIST CENTRE Meditation Drop-in classes. Tel: 0121 449 5279

BIRMINGHAM L.G.C.M. Christian Organisation group. Tel: 07943 010345

CHANGING ATTITUDE Contact: The Revd Colin Coward on 01380 724908

DERBY QUEST for Spirituality Sun 5-6.30pm. Tel: 07970 812957

JOURNEY METROPOLITAN COMMUNITY CHURCH Birmingham Call 0121 454 4406 Wolverhampton. Call 07734 155664

LEICESTER GAY CATHOLICS A group for lesbian, gay, bisexual and trans people their families and friends. Call 07905 421915

LESBIAN & GAY CHRISTIANS Lesbian and gay Christian movement. Tel: 0121 453 1299 or tel/text 07943 010345

QUAKER Lesbian & Gay Fellowship. Social and supportive group founded on Quaker spiritual principals www.qlgf.org.uk

QUEST LINKLINE A national helpline service for lesbian, gay and bisexual Catholics. Tel 0808 808 0234

RAINBOW MOOT LGBT Pagans. All Pagan paths welcome. Call: Rob 07943 323989

STAFFORDSHIRE LESBIAN AND GAY CHRISTIANS. Support group for lesbian and gay christians e:ianaz291@hotmail.com or call 07974 7647

Sport & Fitness

BIRMINGHAM BLAZE LGBT Friendly Football Team www.birmingham-blaze.co.uk

BIRMINGHAM BULLS LGBT friendly Rugby Team Call Andy 07706 536416 or visit birminghambullsrfc.com

BIRMINGHAM SWIFTS LGBT running group meeting weekly For more information visit www.birminghamswifts.co.uk

BOURNVILLE LADIES HOCKEY CLUB LGBT friendly hockey in south Birmingham www.bournvillehc.co.uk

LEICESTER WILDECATS LGBT friendly football team Call or text Gareth 07825 581938

LGBT Community Indoor Football Wolverhampton. Tel 01902 425092

LGBT TABLE TENNIS CLUB 1st & 3rd Wed monthly 7 8.30pm. Tel 0121 643 0821

LGBT Zumba - Wolverhampton Tel 01902 425092

GAY OUTDOOR CLUB Walks twice a month on Sundays Contact goowmk@yahoo.co.uk

MIDLANDS OUT BADMINTON Birmingham Call Andy on 02476 346141

MOSELEY SHOALS Birmingham's GOC Gay Swim Group For info call 0121 346 1522

NOTTINGHAM LIONS Gay football team founded in 2006 www.nottinghamlions.com

OUTDOORLADS Outdoor pursuits group for gay lads www.outdoorlads.com

STOKE PANTHERS BADMINTON SQUASH CLUB Call Andy on 01782 266998 5167

WOLVES WALKERS Tel 01902 425092

WOLVES WARRIORS Football Club Tel Andy on 07825 305050

Student Groups

BIRMINGHAM CITY UNI LGBT Social events every week www.bcuLgbt.com

LGBT & FRIENDS SOCIETY University of Derby Students Union www.udsulgbt.com

LGBT ASTON UNIVERSITY Tel 0121 204 3000

STUDENT GROUPS Leicester University contactdmulgbt@outlook.com for DMU and James at gs762@student.le.ac.uk for University of Leicester

UNIVERSITY OF BIRMINGHAM LGBTQ ASSOCIATION Social events every Wednesdays & Sundays e: lgbtq@guild.bham.ac.uk

Women's Group

BIRMINGHAM GIRLS e-mail network e: Birmingham Girlsnetworksubscribe@yahoogroups.co.uk

BIRMINGHAM GIRLS BOOK GROUP Women-centered book group Meets 1st Sun of the month 3-5pm Tel. 0121 622 3213

BI WOMEN'S DISCUSSION GROUP For information contact Bobbie at space318808@hotmail.com

BOOTWOMEN Walks in the Midlands area. Call 07505 9 0991

BORDER WOMEN Network for lesbian and Bi women www.borderwomen.net

L'BOW ROOM Social Group for women over 18 Meets every 2nd & fourth Wednesday monthly Tel: 07817 548802

FOX FILM CLUB Women-centred film club every 3rd Sunday monthly www.foxbar.co.uk

KIDDERMINSTER GIRLS Lesbian social group

DO YOU NEED TO GIVE YOUR LGBT COMMUNITY GROUP BETTER EXPOSURE?

We're always looking for Community News and Community Groups to feature in our Community Profiles

Do you need to feature your group? contact Ryan Humphreys (Editor) on 01743 281722

To find out more about all these organisations, their website

To get your LGBT Group listed: Call Adrian Parker on 01743 281714

meets bi-weekly at local pub. e: jillygalore@blueyonder.co.uk

OLDER LESBIAN GROUP for the over 40's meets every 2nd Saturday of the month at 1pm at 10 Norton Tower. Contact oln-sue@hotmail.co.uk

RUBY'S Mature Women's Group, Wolverhampton. Tel: 01902 425092

[illegible] Leicester based non-scene social group for lesbian, bisexual and questioning women of all ages. Wednesday nights from 7pm. Tel: 07[illegible] 156474

THE PINK LINK is a social space in Staffordshire for women with a different vision. Call: 01782 266998

WORCESTER LESBIAN GROUP Meets twice monthly. e: me_myself_i79@outlook.com

[illegible] Groups

1ST OUT YOUTH GROUP Leicester LGBT Centre, 15 Wellington Street, Leicester. Call: Paul Foxon on 0116 254 7412

DERBYSHIRE LGBT Youth Forum. Tel: 01332 207704

GALAXY Group for lesbian gay and bisexual young people aged 18 and under in Stoke on Trent and North Staffordshire. Call: 0300 123 0970

I-MIX Group for young LGBTQ people in Shropshire, Telford & Wrekin. Call: 01952 221410

INSIDE OUT (Sandwell) A youth club for LGBT and questioning young people and their friends. Tel: 0845 352 1276

OUTBURST Nottingham Support group for LGBT young people. Tel: 0115 952 5040

OUT CENTRAL LGBT youth group for young people 13-19 who are LGBT or questioning their sexuality. Call 07826 873458

OUT EAST Youth group based in Sutton Coldfield. Tel 07795 611781

PRISM LGBTQ Support group for young people in Coventry. info@prismlgbtq.org

SHOUT (Sandwell) An LGBT youth steering group which works towards giving LGBT young people a voice in Sandwell. Tel 0845 352 1276

UNIQUE Group for young LGBTQ people. Meet twice monthly on Sundays. Call Matt or Justin 01384 243220

X2Y Group for young LGBT people in Wolverhampton. Every Saturday. e: info@x2y.org.uk

HIV AIDS Helplines

ABPLUS A Charity supporting people living with and affected by HIV. Call 0121 622 6471

[illegible] Holistic care and support for people with life threatening illness. Tel: 0121 415 6670 (8 lines)

HEALTHY GAY LIFE - BIRMINGHAM Free confidential service working with Gay/ Bisexual men to promote sexual, mental and social health and well-being. Tel: 0121 440 6161

[illegible] SUPPORT SERVICES Tel 0116 255 9995

STAFFORDSHIRE BUDDIES Confidential help and support for people living with or affected by HIV. Tel: 01782 201251

[illegible] Practical Support and confidential advice around all HIV/AIDS related issues in the Dudley / Sandwell borough. Tel: 01384 243220

TERRENCE HIGGINS TRUST Offer a range of services for those infected and affected by HIV and STIs Birmingham: 0121 694 6440
Solihull: 0121 694 6440
Coventry: 02476 229292
Nottingham: 0115 882 0121
Telford: 01952 221410
Wolves: 01902 711818

TRADE SEXUAL HEALTH Offers a range of confidential services advice and support for LGBT communities affected by HIV & STIs. Leicester Tel: 0116 254 1747

LGBT Helplines

COVENTRY & WARWICK SHIRE FRIEND Tel: 02476 714199

DERBYSHIRE LGBT [illegible] Tel: 01332 349333

DOMESTIC VIOLENCE INTEGRATED RESPONSE PROJECT Leicester. Tel 0116 255 0004

GAYLIFE NORTH STAFFORDSHIRE Tel: 0300 123 0970

HATE CRIME NORTH STAFFORDSHIRE Talk to a Hate Crime officer in complete confidence. Stoke area. Tel: 01782 266998 (Loleita Higgins) North Staffs Tel: 01785 233458 (John Wilson)

LBG COUNSELLING SERVICE Free counselling service for all sorts of LGB related issues. Call: 01782 425969

LGBT AA MEETING West Midlands. 8pm every Sat Summit House, Dudley. Tel: 01384 243220

LGBT STAFFORDSHIRE Stoke on Trent & North Staffs. Tel: 01782 266998

NOTTINGHAM LESBIAN & GAY SWITCHBOARD 0115 934 8485 or text 07481 344040

RAINBOW SUPPORT, HEREFORDSHIRE free and confidential support Call 07507 447834

TRADE SEXUAL HEALTH Offers counselling services and one to one support for LGB communities. Leicester. Tel: 0116 254 1747

VICTIM SUPPORT Provides emotional support and practical help to anyone who has been a victim of crime. Tel: 0300 303 1977

Sexual Health

[illegible] Support Groups, Sexual Health Testing, Cafe, Community Groups, Events and more. Tel 0121 643 0821

THE BRIDGE CENTRE Shrewsbury. A free sexual health service for gay and Bisexual men. Tel: 01743 344474

BROOK BIRMINGHAM Free and confidential sexual health services in the West Tel: 0121 248 2500

DUDLEY GAY MEN'S PROJECT Free & Confidential support service for gay, bi-sexual and MSM men living in or around Dudley. Call: Matt Barlow 07980 906895

HAWTHORNE HOUSE Sexual health testing also operates a Walk In Service every morning from 9.30am - 11.30am. Tel: 0121 424 3300 or 0121 424 2456

HEALTHY GAY LIFE Birmingham: Free confidential service working with Gay/ Bisexual men to promote sexual, mental and social health and well-being. Call 0121 440 6161

HEREFORD INTEGRATED SEXUAL HEALTH CLINIC 29-30 Commercial Road, Hereford. Call 01432 [illegible]

HIV FAST TEST Free 20 minute HIV testing in Shropshire, Telford & Wrekin. Call: 01952 221410

HIV TESTING by appointment at Summit House, West Bromwich. Call Matt Barlow on 01384 243220 or 0121 500 5205

KWIK PRICK Rapid HIV Testing, Leicester. Call: 0116 254 1747

LGBT SOUTH STAFFORDSHIRE Free services for the LGBT community who work or reside in South Staffs Tel: 01782 201251

MEN ONLY Sexual Health Clinic at Heroes Health Club, Stourbridge. Call [illegible]

MEN'S HIV FAST TEST CLINIC Free 20 minute testing in Nottingham. 1st Monday monthly. Call: Adrian on 0115 883 9081

OUTMINDS A social support group for gay and bisexual men with mental health problems living in the Solihull borough. Call 0121 742 4941

SANDWELL GAY & BI MEN'S SERVICE Sexual health and social support. Call Matt Barlow 07980 906895

THE RAINBOW PRACTICE Every 1st & last Wednesday of the month. Held at The Gay Men's Drop-in. Call: 0300 123 0970

TRADE SEXUAL HEALTH Offers a range of confidential services for LGB&T individuals and support for HIV & STIs including testing services. Leicester. Tel: 0116 254 1747

WALSALL GAY MEN'S HEALTH PROJECT Delivering health and social care services to the LGBT community. Tel. 01922 613141

WHITTALL STREET A sexual health clinic located in Birmingham city centre Tel: 0121 237 5700

WORCESTERSHIRE GAY MEN'S HEALTH Project providing free, confidential advice & support. Tel: 01905 681751

Support Groups

ABplus Poz Gay Men's Group. Meets 1st Thursday monthly for information and support. Call: Peter on 07960 404926.

ALCOHOL & DRUGS SMART Recovery SMART meetings in a friendly environment. e: smartblgbt@yahoo.com

[illegible] **SUPPORT GROUP** Meets 1st Wednesday Bi-monthly in Solihull. Tel: Helen on 0121 711 8106

BEAM (Black ethnic & Asian Minority) Social and Support Group in Leicester. Call 0116 254 7412

COVENTRY & [illegible] gay, lesbian, bisexual or trans? Need to talk? Call 02476 714199 Mon - Fri 7.30pm - 9pm

CHANGES Based in Wolverhampton. Call: lisa on 07864240222 or Mana on 07542 450153

DOSTI South Asian men's support group. Leicester. Call: 0116 254 1747

GROUP ONE Derby based support group for LGBT families. call: 07779 [illegible]

HGL COUNSELLING & PSYCHOTHERAPY Mental and sexual health, for lesbians, bisexuals, gay men and trans people with a choice of male or female counsellors. Tel 0121 446 1065 or 07976 919481

HGL MARRIED MEN'S GROUP Support and advice for married men. Call: 0121 440 6161

HIGH 5 GROUP An HIV awareness group for gay/bisexual men who are affected by HIV. Group provides Support, events, outings. Leicester. Tel: 0116 254 1747

HIV MEN'S GROUP Shropshire, Telford & Wrekin. Call: 01952 221410

HIV WOMEN'S GROUP Shropshire, Telford & Wrekin. Call: 01952 221410

INFORMAL ONE TO ONE SUPPORT A service for young men, south Asian men and African Caribbean men. Tel 0121 440 6161 Email: info@hgl.nhs.uk

LEICESTER LGB&T CENTRE Host numerous support groups. Call: 0116 254 7412

LGBT ALCOHOL SUPPORT GROUP Offer support to anybody in the gay community who has alcohol related problems. Tel: Tony on 0121 440 6161 or 07760 195642

LGBT NETWORK Stoke on Trent & North Staffordshire. Tel: 01782 266998

LGBT NETWORK Wolverhampton. Holistic support for LGB&T people in the Black Country. Tel: 01902 425092

LGBT COUNSELLING - Wolverhampton. Tel: 01902 425092

LGBT PROFESSIONALS in Wolverhampton. Meets once a month. Tel: 01902 425092

MIND OUT Mental Health Support Group in Wolverhampton. 1st and 3rd Wednesday monthly Tel: 01902 425092

NATURAL HEALING For emotional and physical health. Contact Alison - Lesbian Homeopath. Tel: 01902 688087

NEW ROAD PARENTS Bromsgrove and surrounding areas Supporting parents of LGBT people Meets bi-monthly on the 1st Tue. Tel: Margaret 01527 832492

PINK PARENTS A social/ networking group for all lesbian and gay parents and their children. E. pink parents@virginmedia.com

RANK OUTSIDERS Support group for LGB armed forces personnel - past & present. Helpline: 0870 740 7755

RAPE & SEXUAL VIOLENCE PROJECT: BIRMINGHAM Free confidential counselling for LGBT survivors of sexual/ domestic violence and hate crimes. Tel: 0121 643 0301

SANDWELL Gay & Bisexual Men's Drop-In Service. Every Friday. Tel: 01384 243220

SWAIN Wyre Forest Meets the first Wednesday monthly. For more details phone: Tel: 07842 070 240

TIME OUT COUNSELLING - Coventry. For all LGBT+ people. Tel. 07936 525668

WORCESTER LGBT NETWORK Tel. 01905 429800

Trans Support

LEICESTER BUTTERFLIES for info visit facebook.com /groups/butterflieslecester/

OUTSKIRTS TRANS-GENDER SOCIAL SUPPORT GROUP The West Midlands largest transgender social support group Email: sally@outskirtstg.co.uk or visit www.outskirtstg.co.uk

SANCTUARY Providing support and practical help. Tel: 01902 744424

SANCTUARY STOKE Support people who are Transsexual, Transvestite or Transgender in North Staffs. www.gaystoke.org.uk

TRANS SOUTH STAFFS Support and monthly group for the whole Trans community. Tel: 01782 201251

TRANS SOCIAL SUPPORT GROUP Meets every 1st and 3rd Monday monthly Tel 01902 425092

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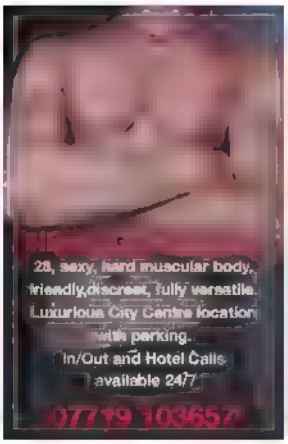
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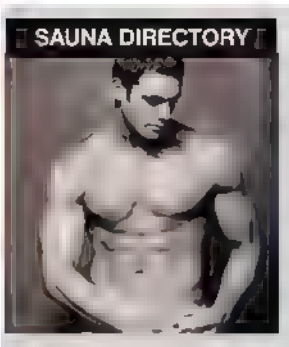

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gay-sauna.com

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Tel: 0121 382 3345
127 George Road, Erdington Birmingham, B23 7SH
spartanhealthclub.co.uk

SPLASH SPA & LEISURE
Tel: 0116 367 3932
61 Bedford St, South Leicester. LE1 3JR
splashleisure.co.uk

UNIT 2
Tel: 0121 622 7070
Lower Essex Street, Birmingham, B5 6SN
unit2sauna.info

CELTS
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cells-sauna.co.uk

CITY STEAM
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citysteam.co.uk

CITY STEAM 2
Tel: 0115 959 8803
Nottingham,NG1
citysteam.co.uk

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heroeshealthclub.com

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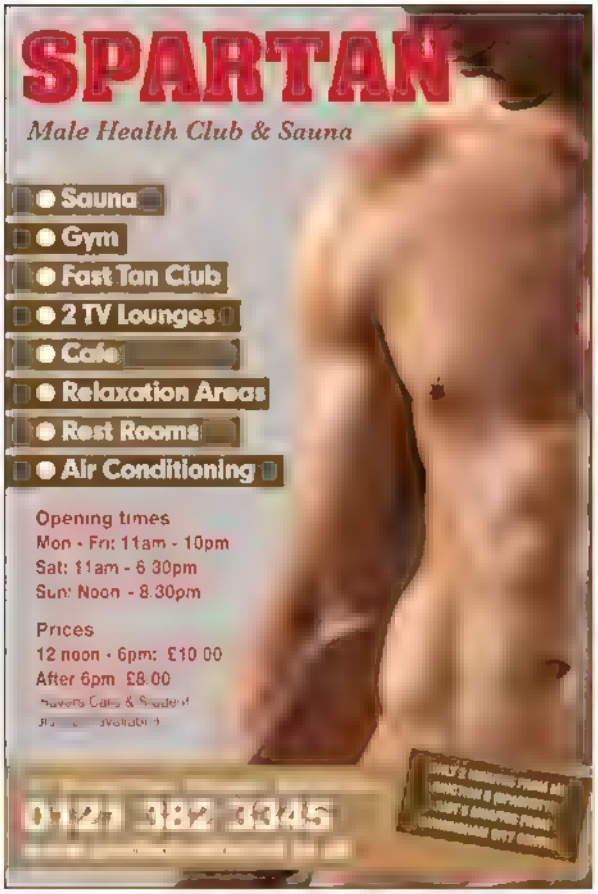
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THE LIFE OF A THIRTYSOMETHING GAY
by Stephen Spinks

A battle of a lifetime

'It's reactive!'

For what felt like a lifetime, the world stood still; a long moment when I needed to catch up with the words I'd just heard, because they didn't quite compute. Then came the gut-wrenching twist of my stomach, the coldness that flowed like a deadly injection through my body, the sudden impulse to vomit.

I realised then I'd said nothing. I panicked. 'Are you sure?'

Will was sure, or at least he was sure about what the clinic had just told him. I was his 'call' - the one the clinic asks you to have lined up before they actually give the result. And here it was, the one time 'phone a friend' really meant everything and more. One of my best mates had just been told he was HIV-positive.

I don't remember the drive to pick him up. I just remember both of us balling our eyes out together that evening. We emptied a large bottle of vodka and spent hours working out how it happened, who it could have been and, more importantly, what it all now meant, as the enormity of the diagnosis sank in.

I was out of my depth big time. Two days later, I did what any best mate would do. I hot-footed it to the nearest Terrence Higgins Trust and spent the next two hours talking to one of their volunteers, Joe, about what it all meant. Until that moment, I thought I was pretty clued up. Joe proved I wasn't. He slapped my hand every time I said AIDS instead of HIV, determined to make me understand that the two terms meant different things entirely. He patiently talked me through all the things both me and my mate would benefit from hearing at that particular moment, when the world felt upside down and inside out. He shot down the many myths, sorted out the important stuff like what seroconversion meant and what a CD4 count was, and allowed me to leave prepared for what I needed to do next - be with my mate in whatever way he needed me.

The next six months, I am not going to lie, were hard. We had never been closer, but I was always aware that this was his battle - one he could and probably needed to share.

I can't quite believe that it's been 35 years since the HIV virus was first cited by the Centers of Disease Control and Prevention as a new medical condition. I was less than one month old. In the time I've been alive, 74 million people worldwide have been diagnosed HIV-positive, and 34 million have died. The devastating virus continues to indiscriminately rip its way through the lives of people across the globe. Many of those 34 million deaths came in the first difficult decades, when knowledge was limited, medications were in their infancy and governments awkwardly grappled with, or blatantly refused to meet, the challenge of getting ahead of the epidemic (now, of course, reclassified as a pandemic). When the doors were all but closed in the early '80s, it was our community that realised we had to do something, as nearly a generation of gay men were felled in their prime. Terrence Higgins Trust was just one of the many charities that were set up, and I'm so personally grateful for their support. The reality, though, is that in 2014 it was estimated that one in 20 gay men are HIV-positive. The statistic that really gets me, however, is that one in six don't know they have the virus, having never been tested. Come on, folks, sort it out. Get yourself tested. Now we finally have the chance to get ahead. Antiretroviral therapy has improved so much that HIV is now characterised as a chronic rather than terminal condition. The ability in most to hold the virus in check, reducing viral loads to undetectable levels, means that Will can now look forward to collecting his free bus pass in 20 years' times whilst still leading his usual debauched lifestyle!

Whilst a cure remains elusive, we now have the ability to reduce the risk of HIV transmission with the use of Pre-Exposure Prophylaxis (PrEP) drugs like Truvada. I'm sure you've heard of it; an innocuous pill which, if taken daily, reduces the rate of HIV transmission to within one per cent, beating condoms at two per cent. Put into context, PrEP is clearly a no-brainer, but, as with all opportunities, it comes with responsibilities of its own. It needs to be taken properly and does not protect against many other STIs. PrEP, endorsed by the World Health Organisation, is legally available in America, Canada, France and Kenya, so it's unfathomable that this month NHS England declared that it doesn't have the 'legal power' to commission a roll out.

To say I'm pissed doesn't quite cut it.

So where does this leave us? Out in the cold with no recourse? We've been here before. But when have we ever taken anything lying down? There are campaigns afoot and further appeals to launch, and wonderful guys like Stephen Fry, Dr Christian Jessen and Matthew Hodson, Director of GFMA, lending their voices for change. Meanwhile, NHS England are ploughing £2million into further testing at selected clinics, including the Heartlands Trust. If you're interested, register to get involved in one of the PrEP trials. The more we can prove its worth, the better the chance of getting it licensed in one way or another. It feels like we stand at a moment when history could and should be made. Are we brave enough, like those in the '80s, to make it happen by joining our voices together? I truly hope so.

And for those of you who want to ask... Will would have you know he's doing just fine. He's healthy, undetectable and still a chronic pain in the ass - and I still, even after all these years, love him just the way he is.

ON THE BALL
with Steve Ball

Love wins

We're all aware of the tragic events in Florida last month - 49 killed and 50-plus injured in an act of terrorism and hate in the Pulse gay club in Orlando. It was the biggest atrocity towards LGBT people since the Holocaust.

It's easy to think that there's nothing we can do in the face of terrorism and homophobia. But there are things we can do.

We can be vigilant about the terrorist threat and support schools and colleges in their efforts to prevent vulnerable teenagers from becoming radicalised. The government's Prevent programme has many critics but it's addressing some of the issues that lead to disaffected young people being indoctrinated and, in worst-case scenarios, committing mindless acts of violence in the misguided belief that it's an act of faith or religion.

We must also support our Muslim LGBT brothers and sisters. They are an important part of our community and no more responsible for the attacks on Paris, Brussels and Orlando than Christians are responsible for the words of the US hate preacher who, the day after the Orlando shootings, told his congregation that they "shouldn't be mourning the death of 50 sodomites".

And we can all be what the Orlando shooter hated most of all: LGBT people openly kissing and hugging our friends and lovers. I've never been one for public displays of affection, but until we do kiss and embrace each other, not just in gay and lesbian venues but on the streets of our towns and cities, we will never achieve full visibility and acceptance.

The Orlando shootings have changed our worldwide LGBT community forever. The collective grief we feel can provide a source of strength to prove we will not be downtrodden by others. We will continue to fight for true equality. Last month, in a deeply moving show of strength and defiance, a series of vigils took place across the Midlands. It's often difficult in the immediate aftermath of an atrocity to look beyond grief and anger, but our collective response can change that, by taking away control from those who want to spread hate and fear and replacing it with a message of love, strength and compassion.

After all, we are here, we are queer and will not live in fear.

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